

LAMBDA

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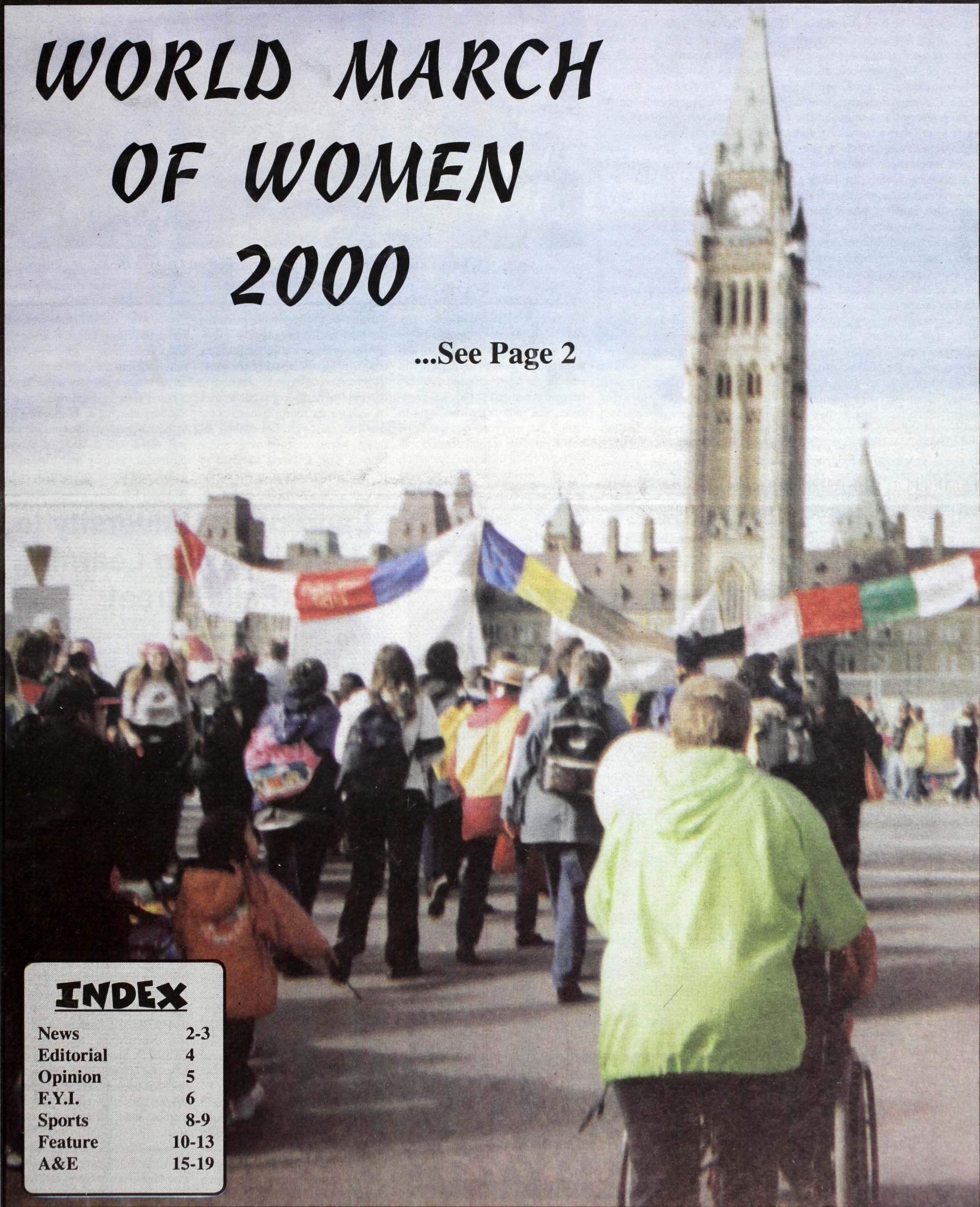


Vegetarian Feature
Pages 10-13

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WORLD MARCH OF WOMEN 2000

...See Page 2



INDEX

News	2-3
Editorial	4
Opinion	5
F.Y.I.	6
Sports	8-9
Feature	10-13
A&E	15-19

Showing Ottawa Who Really Has the Power Since 1961

World March of Women 2000

by Kristin Grant-Smith
Contributor

It was a very early morning on Sunday October 15, as women from Sudbury gathered together for a ride to Ottawa for the World March of Women 2000. The women's march was part of a demonstration by women's groups and many spirited individuals. The purpose of the march was to protest the high rate of poverty to which women are subject and violence perpetrated against women.

The buses arrived at the Lebreton Campground around eleven. Lebreton was one of three meeting places for the march. The others were Ottawa University and Hull, Quebec. At each of the meeting places, preparations for the march took place. Noisemakers, buttons, balloons, and flags were distributed among the marchers. Many people also chose to have their faces painted.

The march started around lunchtime after everyone had arrived. The march travelled down Wellington street. Marchers chanted sayings such as: "one, two, three, four, this is what we are fighting for, five six, seven, eight, no more violence no more hate" and "we are the old women, we are the new women, we are the same women stronger than before." There was a real sense of sorority as the three groups merged for the final part of the march.

The march went past parliament hill and made a loop down Mackenzie street up to Sussex Drive to the U.S. Embassy, which was heavily guarded because of fears surrounding the march. Also, along the loop, there was an anti-march demonstration of six women that managed to

cause some noise and heighten the sense of urgency among the marchers. The marchers then made their way back around to Parliament Hill where they rallied

There were many different organizations in attendance such as; the Catholic Teachers Federation, the National Association of Women and the Law, and the Nova Scotia Federation of Labour to name a few. Sudbury Mayoral candidate Mary Fournier was present at the rally. As were several Laurentian professors: Gary Kinsman, Jennifer Keck, and Carol Kauppi, plus alumni and students. Women from all over Canada as well as several men (kudos to all the men who came out and showed their support!) stood in solidarity on Parliament Hill

In total well over 50,000 women gathered to tell the government the demands of the marchers. There were eloquent speakers from all walks of life, backgrounds and sexual orientations. Terry Brown was just one of the speakers. Mrs. Brown is the first aboriginal leader of the National Action Committee for the Status of Women. She gave a moving speech and bolstered the already-spirited chants of the marchers. At the rally, there was also march-themed musical-entertainment which furthered the excitement of the crowd. Faith Nolan was just one of the headline performers and gave a memorable show.

Although the experience was enjoyable, there was a serious message to get across. The demands of the World March of Women 2000 Committee were always at the forefront. The demands were all based on



Women From Across Canada Converged on Ottawa to March for Their Cause

the concept of eliminating poverty and violence against women and were as follows: first, they demanded the restoration of federal funding to health care to ensure that hospitals don't become privatized as they are in Alberta. The rally organizers want to ensure that everyone can get equal health care; the second demand was to spend 1% of the annual budget on social housing, so that poverty stricken women and their families have a place to live and are not forced to live on the street. Canada is the only G-8 country that does not have a program of this sort in place; the third

demand was to set up the promised national childcare fund to allow women who can't afford childcare a chance to go back to school or work. This fund could have the potential to decrease the number of single women on welfare; the fourth demand of the marchers was to increase old-age security payments to provide older women with a decent standard of living. Elderly women are among the poorest demographic in Canada.

After the demands were decreed, the crowd joined in an uproar and a final show of solidarity. The rally ended in the early evening and all the buses loaded for home. It was a much more spirited ride home to Sudbury than the early-morning trip to the march. Everyone who attended was filled with a sense of accomplishment, as they had banded together and stood up for their rights and for the promise of a better future.

Laurentian University to Host Life Long Learning Fall Retreat

From Wednesday, October 18 to Friday, October 20, Laurentian University's Centre for Continuing Education will host this year's Ontario Council for University Lifelong Learning (OCULL) fall retreat. OCULL is a professional association for administrators and practitioners of continuing education at Ontario universities. The annual retreat, which will attract about 30 participants from various Ontario universities, will offer professional development and sessions for sharing ideas and solutions to current challenges in the field of lifelong learning.

This year's theme is "Going the Distance / Franchir la distance" and focuses on the changes and innovations that are currently happening in the field of distance education delivery. Ms. Lorraine Carter and Ms. Julie Boissonneault, instructional designers at Laurentian's Centre for Continuing Education, will present a pre-retreat workshop on issues of evaluation in on-line teaching and learning, on Wednesday, October 18, from 1 to 4 p.m., at the Howard Johnson Plaza Hotel (formerly the Four-Points Hotel).

Two keynote speakers will also share their insight in lifelong learning. Dr. Jean Watters, President of Laurentian University, will discuss the future of distance education delivery and learning in his address entitled "Heads Up: Canadian Post Secondary Institutions," on Wednesday,

October 18, from 7:30 to 8:30 p.m., in the Georgian Room C, of the Howard Johnson Plaza Hotel. Mr. Tony Bates from the University of British Columbia will present "Taming the Virtual Campus: Managing Technological Change." His address is based on his new book *Managing Technical Change: Strategies for College and University Leaders*. Mr. Bates will discuss how technology is changing distance education and learning. This presentation will be broadcast from the University of Ottawa to Laurentian by videoconferencing, on Thursday, October 19, from 10:30 a.m. to 12:30 p.m., in room 105 of LU Health Sciences Education Resource Centre.

Laurentian University is assuming a leadership role in OCULL with Mr. Denis Mayer, Executive Director of Student Affairs at LU, being nominated president of the organization. Ms. Ruby Gervais, Program Manager for Distance Education at LU, will continue her role as the Recording Secretary for OCULL's Standing Committee on Distance Education, a function she has been performing for the past two years. The pre-retreat workshop, keynote addresses and panel discussions will be held at the Howard Johnson Plaza Hotel and Laurentian University. Retreat participants will also tour Contact North and enjoy a dinner at Science North and an IMAX movie presentation.

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Thorneloe President Appointed to World-Wide Body of Anglican Universities and Colleges

Thorneloe News Release

The Board of Governors of Thorneloe University announces that it has accepted the resignation of its President, (The Rev. Dr.) Don Thompson, who has just been appointed General Secretary of the World-Wide Body of Anglican Universities and Colleges. The association is headquartered at the national offices of the Episcopal Church in New York City, some three blocks from the United Nations.

The association gathers about 130 Anglican related institutions around the world in a common sharing of the heritage of Anglican Christianity within the various national and cultural settings of higher learning. The General Secretary position is there to help provide leadership to the international activities of the association, to effect faculty and student exchanges, and to initiate inter-institutional cooperation with sister institutions around the world. Much of the work will be to effect communication and links utilizing the currency of the Internet. There will also be a good deal of international travel to the various seats of Anglican higher education. Rev. Thompson will be-

gin some of the "corresponding secretary" roles of this position as of the new year while still in his current position, but will not leave Laurentian until the end of winter 2000 term in April.

Since CUAC remains the reference point for identity of all Anglican universities and colleges around the world, in many ways Dr. Thompson will continue his association with Thorneloe, albeit at the level of international relations.

During Dr. Thompson's tenure, Thorneloe has developed the Northern Theological Institute with the University of Sudbury and Huntington University to promote distance education learning for lay and ordained ministry. During this time, the Thorneloe Theatre/Lecture hall addition was built completing the college facilities to current needs and standards. An "Inter-Arts" Bachelor of Fine Arts has been established between Laurentian, Cambrian College, Huntington and Thorneloe which combines the teaching resources and facilities of Sudbury's key educational art programs. Much of Dr. Thompson's work has been to facilitate cooperative programs and projects between other members of

the Laurentian University Federation, other Anglican colleges and universities, and the various programs of the Anglican Church of Canada.

The Thorneloe Board of Governors will be implementing its recently revised appointment procedures for the President and Provost of the College. Currently this involves being President of the University (CEO), Provost of the College (Dean), Professor in the Joint Department of Religious Studies, Director of the School of Theology, and instructor on the Northern Theological Institute. There is a further responsibility in Thorneloe maintaining its relationship in the Anglican Church of Canada, and Thorneloe's well-established role as being a key provider of theological education by distance education for lay and ordained ministry in the Canadian Church. All these aspects remain part of the on-going role of the President/Provost of Thorneloe.

The Board, as well as the Laurentian community, congratulates Dr. Thompson on his appointment. The Board also looks forward to a thorough and creative search process, which will identify further leadership for the University.

Public Lecture on Female Intellectuals in the Middle Ages

Dr. Gertrud Jaron Lewis, Professor Emeritus at Laurentian University's Department of Modern Languages, will present a public lecture on Monday, October 23, at 7:30pm in the board room of Laurentian University's Health Sciences Resource Centre. Her presentation, which is part of the Humanities for the Community Lecture Series is entitled "The Newly Discovered Vita of Margaret the Lame, a 13th Century Roman Recluse and Mystic." Everyone is invited to the public lecture and admission is free.

In her presentation, Dr. Gertrud Lewis will describe the activities of female intellectuals during the Middle Ages. Little is known about these intellectuals as their memory was buried in history. Dr. Lewis is one of the researchers who worked on rediscovering the contributions of medieval female intellectuals and ensuring their presence in our history books.

Dr. Lewis, a former German language professor in Laurentian University's Department of Modern Languages, has always been an enthusi-

astic teacher of the German language, culture and history. Her research has concentrated on a feminist approach to Medieval German literature. In 1991, Dr. Lewis was presented with the Research Excellence Award, which is given to a professor who, through outstanding research performance, has enhanced the prestige and reputation of Laurentian University.

For more information, please contact Dr. Hoi Cheu, English professor at Laurentian University at 675-1151, ext. 4354.

News Briefs

LU to Host its 5th Annual Open House

On Saturday, October 28th, Laurentian University will host its 5th Annual Open House - Learning Without Boundaries. By taking part in a wide variety of fun-filled events, members of all ages of the community of Sudbury will discover why Laurentian is the place to be. All activities, including a lunch, will be free of charge, including free parking.

The Open House has something to tickle the intellect and awaken the imagination of everyone: adults, students from kindergarten through college and university, and seniors. The Open House will also feature special contests and activities for both elementary and secondary students.

From 10am to 3pm, countless activities will be offered in various parts of the Laurentian campus. There will be a children's activity area including face painting. Other activities will include displays, workshops, mini archeological dig, planetarium shows, a passport contest with prizes, magic of chemistry show and demonstrations on dozens of topics. As part of the Open House activities, the Sudbury Regional Police will be on site to fingerprint children.

While on campus, visitors may also take part in a free swim or access the bouldering room in the B.F. Avery Physical Education Centre from 1pm to 3pm, a free barbecue lunch from 11:30am to 2pm in the Science II Cafeteria along with entertainment by local groups.

Open house programs, with a map and a guide to all activities, will be available on the Laurentian campus, at the Fraser Auditorium and Great Hall starting at 9:30 am on the day of the event.

Laurentian Alumni Homecoming Reunion

The Laurentian University Alumni Association will host a special homecoming reunion from Friday, October 27th to Sunday the 29th on the University Campus. This reunion will highlight the achievements Laurentian University has achieved over the past 40 years. A number of special activities have been organized including a Super Pub featuring The Travoltas on Saturday, October 28th in the Great Hall.

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Write to us but remember...

All submissions become the property of Lambda Publications and will thus be subject to editing.

Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexual or for length.

Lambda is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Student's General Association, yet remains autonomous from all University organizations, both student and administrative.

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by Derek Serafini
Assistant Editor

Many people have come up to me over the past couple weeks asking me why I haven't written anything this year. I always give a little psychotic chuckle and the person usually has their answer. It's not that I haven't wanted to write anything, and I always do have the intent to do some writing to prove that I actually do something around here, but the deadline seems to appear out of nowhere and I have nothing to show for my good intentions. Don't get me wrong - I'm here well past the witching hour every week doing a whole bunch of necessary tedious things. It's just, I lack the time to do anything tangible. So, this week, I thought I'd write something to prove I actually do something here.

Several close friends of mine keep telling me to quit this job. They keep saying that I already have too much on my plate without it. And since I'm not exactly raking in the dollars, or really doing anything that anyone notices, there's no reason to stay here. But, I do. Why? I don't know. It's quickly approaching midnight, Starbucks has long since closed, and I have to be back at

EDITOR'S CORNER...

Living in the Grips of Até

school early in the morning - and I haven't even begun my homework for tomorrow yet. As a friend of mine keeps telling me, "you are in the grips of até, my friend."

The ancient Greeks had a concept called até to which many of their tragic characters would fall prey. Até, simply stated, is a state of being in which a person forgets that they are a human being; they try to take on too much and succumb to an arrogance that blinds them from seeing possible tragic ramifications of their actions. As a result, they are punished by the gods for overreaching.

As I sit here, in the dead of night pulling out what little hair I have left, with the Baja Men on the radio making my ears bleed while whooping about letting the dogs out, I wonder what the hell I'm doing. On top of this job, I have a job in a grocery store where I work at least twenty hours a week, I'm on academic overload keeping my grades up, I'm partners in a business venture that is beginning to take off, I'm in fourth year trying to figure out what I'm going to do with the rest of my life, and trying to maintain some semblance of a social life.

I'm not complaining. I'm reaching the point of exhaustion, but I'm smiling right now. I chose to take on all of this stuff and I think I'm managing pretty well. Yet, people still tell me that I have too many commitments, that I'm spreading myself too thinly. But, is it really possible to try to do too many things?

I was up until about 2 am last night typing out assignments that were due this morning. I'll be lucky if I get to bed by that time tonight as I have quite a bit of work waiting for me after I leave here. But, no doubt, you will find me here tomorrow morning before many people even get out of bed. This weekend will be a combination of writing two essays, studying for a midterm, working at the grocery store, writing a media kit for my business, and hopefully, sampling a couple of choice ales.

I am not in the grips of até, I am a student. Like everyone else here, I am a student. This is what students do, right? I don't know how it was for students many years back. Older people seem to be most concerned about how much I am doing because, I guess, when they were students, they focused mainly on their

studies. But, I don't think many of us have had that luxury. We do as much as we can to the best of our abilities and try to enjoy it. People ask me why insist on taking on the load. Why not? I think there is something to be said for leaving it all on the field. As a student - a student of life - I think there is more to be learned than just the stuff books say. Live, I think, and we will learn the important stuff. Because, on top of all our various public roles, we still have the responsibility to create our lives - the lives we dream about. Life is now. It is happening as we are making plans for a future that is not guaranteed to arrive.

Time flies. Live now. I remember, three years ago, talking with the same friend who warned me that I'm doing too much. At the time, 4th year seemed so far away. Yet, in the blink of an eye, it is here. It is now. The way I see it, we either do everything now - because now is all we really have - or we complain about not having the chance to do anything later. I choose to do it now. If that is living in the grips of até, I await Zeus' thunderbolt.

SPACE FOR RANT ... Letters to the Editor

Dear Lambda

Has anyone else noticed the total rip off that Laurentian has pulled on us? Sure, there are a lot to count, but the one has to be that students are buying cards to park in The Pit. I paid around \$60 for the so-called privilege to park in a dried up swamp and the university goes and spends, probably a few thousand dollars, to create an exit at the far end. Sure, that may be good to help alleviate the traffic from the one exit, but more people use the exit as an entrance in the morning. Cars whip into the pit, laughing the whole time knowing most of us paid to be in there.

I notice there is a pole with electrical wires coming out of it. Maybe this is the control for the gate, but where is it? There have been so many cuts around this school I am sure that a gate could be provided for this exit. Would the university get a gate faster if students threatened to sue for their money back? I think we should be reimbursed for the time that others get to park free. It has been almost two months now and that \$15 could come in handy!

Pit-Girl

Editor's Note: A few of us did notice the free parking, but now that you let he cat out of the bag, we are going to have to pay for our parking! Actually, that exit has been complete for more than two months now, but there has never been a gate on it. I guess we are supposed to be using the honor system. Either that or to get a gate we are going to have to cut another Varsity Sports team. Your choice... gate or swimming?

Surgeon General Warning

LAMBDA

Not Writing For Us May Be Detrimental
To Your Sex Life!



Volume 39 -
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Cover Photo by:
Kristin Grant-Smith

The New Logo

What the hell. Is that supposed to be a logo? I'm telling you, it is mind boggling how the University cuts programs left and right and yet they pay good money, and probably far too much money, on an infantile and non-distinctive logo like that.

A book with a capital "L" on it. What the hell is that...the book of losers? I seriously think that someone in one of the offices at LU sat in front of their 486 windows 3.1 paint program and came up with that logo. I would be very surprised if it was a professional design and if it is, shame on them for that 5-minute job.

I wasn't a big fan of the old logo, but at least that had heritage and tradition behind it and it had meaning to the University. The new "book logo," in my PROFESSIONAL opinion, sucks. I have owned a logo creation business for over a year now. My primary customers are small business with little money and I only net about \$50 US from each design and still I provide them with a hell of a lot more than what looks like a clipart file and a script font.

A logo may not seem like an important issue, but when you consider that it is a representation of our University, the students and staff, it does garner some heavy merit. Man, I'm telling you, LU has shown the world that they don't care about the image of the University.

J. D. Pednaud
Lead Designer
Schizophrenic Logo Design

Editor's Note: Come on...I love the whole Triple-Word-Score, Scrabble look for Laurentian. It reminds me of kindergarden even more!

SUBMISSION STANDARDS

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Lambda

Copy Deadline:
Fridays at 2:00 pm

Editorial and General Meetings:
Fri. at 1:30 pm

The 1000 Year Struggle

by Jenn Lemcke
staff writer

While political bodies and Mel Lastman's lobbyists have been able to argue the Adams Mine controversy for months, the decision over the moral implications of this case is open and shut. The Adams Mine project is detrimental to the health and well-being of Temiskaming and its people.

The many tons of garbage accumulated over 20 years in Ontario's capital are about to be dumped in an abandoned mine and Waste Management Inc. is at the root of this enormous mistake. How can this billion-dollar corporation lend its pockets to this endeavor? Because their pockets are much too full and their heads are far too empty to come to a sound decision.

One fact stands clear and cannot be argued: the contamination of groundwater will go on for one hundred years after the dump has closed, and the remaining toxins will continue to poison the Temiskaming water supply for another 1000 years after that.

Bill 143 was introduced in 1990, which stopped rich cities like Toronto from dumping on poorer outlying regions. Understanding that WMI has been hesitant to bend to the law in the past, it is not surprising to see that they are as unconcerned about it now as they were when their track record began in 1971. Their rap sheet consists of 23 counts of corporate espionage, conspiracy to commit fraud, illegal wire-tapping, misuse of trade secrets, and the list goes on.

Knowing and accepting these facts, how can any one of us, including empty-headed Lastman, be prepared to trust WMI with the future of Northern Ontario's water supply? Lastman needs a way out and is sending 20 years of Toronto's garbage hundreds of miles away from his home and family, and if that will get him out of trouble, then to him, he's home free.

If we look at waste giants Browning Ferris Industries (BFI), with assets worth \$9.1 billion, we will come even closer to giving Lastman the ultimate stamp of disapproval in his efforts and with regards to his alliance to WMI.

The industry, even after investing \$500 000 to the project, backed out. Why would they be so careful as not to involve themselves in the plan? Quite simply, it's a scam. A hoax. A sure-fire way for Toronto to be clean and clear of all their garbage problems.

Hugh Dilligham, a former employee of BFI, admits, "We decided it would be too expensive to operate (the Adams Mine) with the necessary environmental control we would have to put in, primarily because of the groundwater infiltration. We looked at the site and decided the feasibility wasn't there as a result of technical challenges."

BFI was looking out for the well-being of the environment. A key factor in the role of an employee in the waste management industry is to take care and invest concern to the problem of waste while keeping the health of the environments of both present and future.

BFI found, as any intelligent

and educated enterprise would, that an endeavor which requires work for at least 100 years after the project is completed, and will continue to give negative side effects for 1000 after that, is not a solution to a problem, but the accumulation of more complications. The findings of Dr. F. Lee of El Macero, California were addressed to the bid consultants who maintained that there was nothing to worry about were reported and as such, "it became clear during our review that Metro consultants' statements on how the landfill would be operated were deficient compared to what would be necessary to operate this landfill in a truly hydraulic containment mode for as long as the wastes are a threat."

It seems clear that the parties in favour of this project have only the very initial terms of the case at heart, while those opposed to the plan have taken a long insightful look at the facts. This is a point that cannot be ignored. The facts cannot be denied or erased from the history books: WMI has a history of crimes in connection their projects. It remains a fact that the effects of this project will inhibit the healing of the Temiskaming region for 1000 years and it will always hold true that Lastman doesn't give a damn about the detrimental effects this groundwater may have on our children and the families thereafter which will continue to be affected into the 22nd century. I ask you this Mr. Lastman, may we, the residents of Northern Ontario build you and your family a home on Temiskaming land and will you then, kind sir, continue with your plans?

From Glory to Glory in God

by Glenda R. Pulliah
contributor

I have no creed but Christ. I have no law but love. I know no book but The Bible. I know that there is a heaven to gain and a hell to shun. I know man is the sinner and God is the Saviour.

Who am I you might ask? *For me to live is Christ and to die is gain.* I think about how much God must love me. For He sent His only begotten Son to die for me that I might have everlasting life. But I am not selfish. I want to share this good news with others. He didn't just send His Son for me, but for everyone that should believe on Him.

Ask yourself this question. Is there a void in your life — an empty feeling, something that just can never go away? As much as you try to hide it, by filling it with earthly desires and lusts, there's still that something that feels empty on the inside? I

know I had that feeling at one time, a long time ago. I can't remember how it feels though, because I found something that has since filled the void and has been overflowing inside of me. The love of Christ.

We should love one another as he loved us. Think about how much He loved us that he died for us. He called us his friends. *"Greater love hath no man than this, that a man should lay down his life for his friends. Ye are my friends."* Think about that, I mean really think about that.

And when we get ill-tempered with our fellow man, and angry in our hearts, what does the Word say? *"Be angry and sin not."* This means that yes, we will get angry. But sin not. Let not your anger get the better of you. Take it to the Lord in prayer. I know that there were many times when I should have done this and did

not. And in doing so I offended others. I sought forgiveness of the Lord.

A Christian walk is not easy. No one ever said it would be. *"For wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: because straight is the gate, and narrow is the way, which leadeth unto life, and there be few that find it."*

However, if you choose the straight and narrow way, He will lead you. He will teach you. By being a *doer of the Word and not a hearer only*, you will see what He can do in your life.

I know I have seen the difference in my life. I have seen the many miracles and blessings that have happened. I don't know about tomorrow. *"Take therefore no thought for the morrow: for the morrow shall take thought for the things itself."*

Get in The Ring

by Bryson McCarthy
columnist

Vegans? Come on, isn't there something better to do with your time? And look at the space they left me for my column this week! I guess I have to get right to the point!

Vegetarianism should be a health decision, not a crusade for the mentally unchallenged. Just think of a world where cows are left to breed and roam free. First, it would stink

worse than the bathroom when my alcoholic uncle has been in there too long, and who wants stupid animals walking around everywhere? There are enough stupid people, we don't need the animals to make the world dumber!

I say eat what the hell you want, but don't mess with the food chain. I am at the top and no one is going to knock me off. Cows = burgers, jackets, wallets and heart prob-

lems. Alligators = tough steaks, purses and damn cool boots. And baby seals... don't get me started on this little targets.

I say if I can kill it, I'm gonna eat it. Come on, put me on survivor island and see who eats like a king. My four food groups are blood, flesh, bone and beer. Don't like it? I'll just club you too, barbeque your ass and serve you up with a side order of vegetables... just for decoration!

The opinions expressed in this section are the sole thoughts, views and opinions of the writer and do not reflect the views and opinions of Lambda Publications and Lambda Publications' Staff Members.

Hide and Seek

by Keeghan Lachlin
Staff Writer

Hello everyone, once again I will be offering my rants out to those that will listen. Hopefully you all will choose to listen to me just as I listen to what the voices in my head tell me to do.

So Mr. President and his little army is all upset that little old me wrote an article last week that got under their skin. Well, news flash Mr. President, that was my opinion about what I have seen around campus. I must apologize about my approach though. I didn't mean to insinuate that you and your crew cut our sports teams and writing center for your own personal gain. No, that's not the message that I wanted to send at all. Suck it up. I am one small voice amongst many pissed-off students. It's not my fault that I have been well trained in the art of propaganda. I know how to deliver my message. My only question is, what message is the school trying to send with that stupid new logo?

Anyways, I will not be attending your little "happy camp" meeting as I feel the only appropriate form for you to reply to me would be through the STUDENT newspaper. Besides, as I have already said, it was my opinion. You'll never be able to change it regardless of the number of your cronies you want to lock me in a room with.

Well enough of that. How many of you know who John Wozniak is? He does a weekly rant in this newspaper. In case you haven't realized it, he is a little weasel that plays to all of your minds. He thinks that he has an opinion, but it is as clear as a Laurentian University resident's drinking water.

Not long ago, he was complaining that the people in residence are too rough on the frosh and that it is hazing. Then, two weeks ago he had the balls to ask where all the parties are. I have a question for you buddy, can you possibly turn your damn computer off long enough to see how life really is? Step out of the cyber world and see how much fun it can be to talk to real life girls and other friends. See, I'm not trying to respond to your articles and give you feedback, that's not what I'm about. I'm responding to the fact that you obviously have no true opinion and that you're simply just writing to what will get you a reaction from the readers. Until you can actually form something that is genuine, then I have only one piece of advice for you: be careful not to get any on your keyboard.

Other than that, I guess that's all for now. Remember do want you want as long as you do what I tell you. Later all.

NOMINATIONS FOR THE SGA BOARD

BI-ELECTIONS will be re-open from Monday, October 16 2000 at 9am to Friday, October 20, 2000 at 4 pm.

The following positions are available:
4 Off Campus Representatives
International Students' Commissioner and
Speaker (letter of intent only)

Nomination sheets available Oct. 16 at 9am at the SGA Office, room SCE212 in the Student Centre



LES MISES EN CANDIDATURE POUR LES ÉLECTIONS PARTIELLES DE L'AGE

seront ouverts du lundi le 16 octobre, 2000 à 9h00 au vendredi le 20 octobre, 2000 à 16h00
Les postes suivants doivent être comblés:
3 Représentants hors-campus
Commissaire des étudiants internationaux et
Conférencier (lettre d'entente seulement)

Les formulaires de mise en candidatures seront disponibles le 16 oct. à 9h00 au bureau de l'AGE, salle SCE212 au centre étudiant.

URGENT NOTICE To All Students Planning to Travel During Christmas



Due to the consolidation of airlines, there are fewer seats this year. All students are therefore urged to book their flights NOW to avoid disappointment later.

Student Class™ airfares are available exclusively from Travel CUTS, Canada's national student travel bureau.

TRAVEL CUTS
New Student Centre, Rm. SCE-234
673-1401

Owned and operated by the Canadian Federation of Students.

DE-CLASSIFIEDS

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Full sized up-right refrigerator (no freezer) for sale. Strange yellow color. Works great! \$100 or best offer. Call 673-6548

Fax Machine. Fully functional. Paper rolls included. \$50 or best offer. Call 673-6548.

1989 Toyota 4-Runner. Good Condition. 207,000km. New alternator, battery and headgasket. \$4800 as is or best offer. Call 692-4182 after 6pm

Leave messages for your friends in Lambda!

MESSAGE BOARD

Could the UC hockey teams please slow down so HUGE can catch up once in while?

A BIG thank you to the person who returned my wallet (left in the Great Hall washroom on top of the paper towel dispenser) this September!

Rikishi didn't do it... it was Paulette!!!

Economy Man must be stopped! If you want to join the revolution, post your messages here. We must stop the madness!

Manna Manna...

FREE CLASSIFIED ADS FOR LU STUDENTS!

All you have to do is fill out this card and drop it off to the Lambda office at SCE 301 or drop the form into the campus mail in an envelope marked "LAMBDA" and we will run the ad, 25 words or less, for two to three weeks. Sell old books, furniture or any other junk you may have, leave messages for your friends or ask for help in any field of study. It doesn't matter because this is your own classified section! NOTE: ads for companies will not be accepted and all ads are subject to approval by Lambda Publications.

AD:

NAME:

ID NUMBER:

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Requires student employees in various departments. Approximately 20-24 hours weekly (of particular interest are those available part or full days during the week). If you are ambitious, well groomed and willing to work. Contact our personnel department at 1066 Barrydowne Road.

Why am I Here?
What does it All Mean?
Who Is Jesus Christ?
And What Is Christianity All About?

To investigate these questions, come and join us for a free dinner and discussion every Tuesday at 4:30 til 6:45 in the TV Lounge of the Students Centre

Sponsored by Laurentian Christian Fellowship

Calling All Laurentian Students!
Your New Writing Assistance Programme is Now Open!
Make Your Appointment at Students Life (L210)
or by calling 673-6503

Keep that appointment by bringing your assignment to L818
Don't Delay - Space is Limited!

Join the Philosophy Club

Ethics At Lunch Thursday, October 19th, 2000, 12:00 to 1:00pm, Bring your own Lunch to the Jesuites Cafeteria at the U OF S campus and discuss ETHICS? WHO CARES????

Movie Night, Thursday, October 26th, 2000, 7:00 to 9:00pm, U of S, somewhere, for "WAG THE DOG", a Vincent DiNorcia hot pick, to discuss the Ethics of Political Campaigns.

Books and Beans (discussion group), Thursday, November 2nd, 2000, featuring a lecture by Roger Nash on "Should Plato chuck poets out of the perfect society???"
FREE COFFEE, located at the BOOKS AND BEANS CAFE

These events are free of charge (so far) and everyone is welcome. If you would like more information regarding the events and their location!!!! please call Christine Briscoe at 560-0501 or e-mail me at Brisky@isys.ca. This invitation even applies to all you engineering students who HATE ART!!!! We welcome the debate!!!!

History Society Update

Logo Competition
- Open to Everyone
- Design Our society logo for a cash prize

Rock n' Glow bowling at Holiday Lanes
Thursday, October 19th @ 11pm
\$6 for members w/shoes included
10 pin bowling for 2 hours

\$2 Membership Fee
Stay Tuned For More Info

**HEY CLUBS... GET YOUR INFO OUT
THROUGH LAMBDA'S FYI PAGES. LISTINGS
ARE FREE FOR ALL YOUR EVENTS AND
MEETINGS. CALL 673-6548 FOR MORE INFO!**

Genital Warts



The thought of them may make you cringe, but HPV – the virus responsible for genital warts – is the most common viral sexually transmitted disease today.

You could be infected and not know it.

Talk to your doctor, health clinic, visit your school's website or visit www.ashstd.org

After graduation
there's only
one thing you
want to do:

get as far
away from
this place
as possible.

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THE \$750 GRAD REBATE Graduating? Then you're eligible for a \$750 Grad Rebate that can be used in combination with any other offer when you purchase any new Chrysler, Dodge or Jeep vehicle. Including the completely redesigned 2000 Chrysler Neon. So you can put school where it belongs: in the rear view mirror.



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Lambda Sports



Women's Cross Country

Lady Vees Run in First Meet of Their Season

On October 6th, in London, the University of Western Ontario hosted the Mustang Open cross country meet. Laurentian had 7 competitors in the race and finished 6th out of 8 teams on the day. The conditions were cold and rainy, far from ideal, but the Lady Vees were able to post the following placings: Christina Piscarin (28th), Adrienne Chestnut (48th), Kerry Salmoni (51st), Krista Bolyea (55th), Jen Scott (63rd), Karine Duval (66th) and Renee Hamel (69th). This was a good showing for the team's first meet of the season.

Lady Vees Place Well in Kingston

This past weekend, the Laurentian Women's cross country team competed in the Queens and RMC Cross Country Invitational at Fort Henry in Kingston and placed 3rd out of 9 teams. The team's score was 156, placing them only 8 points behind the second place University of Toronto. Among the University competitors, two Laurentian women were able to place in the top 10 in the 5K race. Christina Prescario was 8th with a time of 20:07, and Natalie Lefort placed 9th in her first race of the year and her university career with a time of 20:09. Kerri Salmoni and Jen Scott were both able to achieve their goals of improving on their results from Western's meet last weekend, placing 22nd and 34th respectively. Other fine results were turned in by Adrienne Chestnut (38th), Krista Bolyea (40th), Joanne Ouellet (43rd), Renee Hammel (51st), Lisa Falvo (52nd), and Lon-Lynn Switzer (55th).

Laurentian Coach Dick Moss said that he was extremely pleased with the results as a whole and was happy that the team was able to turn in a better result than the previous weekend. Al Salmoni is also happy, stating, "we may do better than anticipated this year."

Laurentian University Intramurals

Men's and Women's Softball has already been completed and both tournaments had perfect weather and excellent competitors. In the mean time men's basketball is being run on Tuesday and Thursday nights from 9-12pm in the Alphonse Raymond building.

Some of the up-coming events include innertube waterpolo, doed badminton, coed bowling and soed soccer. These compeditors would really like some fan support, so don't be afraid to come out and show your support. If you are looking to register for Intramurals call the Active Living Office in the Ben Avery Building. For any off campus students looking for information you can leave a message for Leah at 675-1151 ext. 1018 between the hours of 5pm and 8am. We will get back to you as soon as possible.



This Week In Voyageur Athletics

SOCCER - Men

Saturday, Oct. 21

Trent vs Laurentian - 1:00pm

SOCCER - Women

Saturday, Oct. 21

Trent vs Laurentian - 3:00pm

SWIMMING - Men & Women

Saturday, Oct 21

Brock vs Laurentian - 1:15/2:00pm

Alumni Destroy Men's and Lady Vees at Peter Ennis Memorial Basketball Weekend

by Jason Stevenson
Acting Sports Editor

Men's Basketball

What a game! There was a crackle in the air amidst the quiet somber of the Peter Ennis Memorial Alumni Weekend, as the Laurentian Men's basketball team took on the Laurentian Alumni. But, the Alumni were anything but somber, and with fresh legs, former players like Brad and Norm Hann, and Kevin "FLASH" Gordon put on a little show for their younger counterparts.

The first half started with a "Flash." Gordon put on a show for those in the stands, and the Laurentian Alumnus displayed the kind of play that earned him his much-deserved nickname. Gordon was all over the court, draining three's, driving the lane and playing fearsome defence. In the end, Gordon racked up an impressive 24 points; he was 5 for 8 from the field, dropped 4 three pointers and grabbed a whopping 10 steals.

Not to be outdone the Hann brothers played a pinpoint game, with precise passing, and clutch shooting. Even if they weren't brothers, it was evident to all that watched that the two had been playing together for years; from the driveway pickup games to the hard court, both seemed to know exactly what the other was going to do. In the end, Brad and Norm combined to score 54 points. Brad Hann led the team in rebounds with 9, he dropped 5 for 7 from three point land and was 4 for 5 from the line. Norm was an impressive 6 for 7 from the field, and 4 for 9 from beyond the three-point line.

Throughout the first half, the Alumni, who outscored the Vees 48-42, enjoyed a steady lead. But as time pulled on, the Vees slowly closed the gap. The second half the game became a "nail bitter" thanks to some solid play by the Vees; most notably, the play of Clifton Edwards, Jim Jefferson, Jermaine Pendley, Dwayne Burton and Leon Sutton. The five workhorses of the Vees line-up and the reason the Vees outscored the Alumni 49-43 in the second half.

In a "fiery" display of intensity, Leon Sutton went 7 for 9 from the field, pulled down 9 boards and racked up 20 hard earned points. While point guard Jermaine Pendley

blew past most of the alumni and accounted for 14 assists and 8 points, while playing 43 minutes. And, while it is said that lighting only strikes once, Jeff Jefferson bolted by the Alumni to strike 21 times; Jefferson went 4 for 5 from the field, dropped in 3 from behind three point line, and showed his durability over 44 minutes on the court. The Vees high scorer, Clifton Edwards pulled down 22 points, from all over the court, displayed his versatility and tenacity both offensively, and defensively as well with a team-leading 7 steals. Last but definitely not least, Dwayne Burton, who pulled down 14 rebounds and accounted for 16 points.

The game went down to the wire, and at the end of regulation, it was tied at 91. This led to a show-down, the 5-minute overtime. However, the Alumni outscored the Vees 12 to 11. Throughout it seemed like either side could and would win. But with seconds remaining and the game on the line at 103-102, Jermaine Pendley failed to make both of his free throw attempts, which could have won the game, or at least tie it. On the bright side Laurentian coach Virgil Hill was excited about his coaching debut at Laurentian and said that he "wishes that they could have pulled out a victory" but is looking forward to the rest of the season," and rightfully so.

Lady's Basketball

It was a daunting task for this year's Lady Vees, as they took on the Alumni, a team that included players like Olympian Diane Norman and past point getters, Carol Hamilton and Karen Vos. But, with a quite resolve, the Lady Vees took to the court and fought a noble battle, and showed great potential for the upcoming season. The Lady Vees are a young team that lacks the serious post threat provided by Stephanie Harrison and Joy McNichol in years past. However, Gille Eccles balanced the Lady Vees perimeter attack lead by Claire Beatty, with solid play in the paint.

It was obvious that coach Campbell was feeling the water in this game. Throughout the first half, Campbell kept in his starters, allowing players like Shauna Conway, Gille

Eccles and Claire Beatty to find a rhythm and establish their presence. In the first half, the clear force for the Lady Vees was veteran Claire Beatty, who not only lead the team in points with 17, she also lead in rebounds with a whopping 15, while playing 28 minutes. Conway, as per usual, provided a three-point threat and was successful in dropping 3 from the "far away land." Gille Eccles provided the inside threat going 6 for 10 from down low and contributed 12 points. Unfortunately for the Lady Vees the alumni where just a little to strong, and outscored them 45-41 in the first half, despite they're strong play and balanced attack.

It seemed that any progress the Lady Vees made was matched by the alumni, namely Diane Norman and Carol Hamilton, who "schooled" the Lady Vees on several occasions. Norman, showed her Olympic form, playing the entire game and contributed 11 points. But more impressive is the 19 rebounds Norman pulled down, her closest match was Carol Hamilton with 6. Normal also had a team leading 8 assists, and fell just short of a triple-double. Carol Hamilton put a little dazzle in the game, going 16 for 27 from the field, while making 9 steals and going 6 for 6 from the free throw line. Hamilton played over 32 minutes of the game on her way to a team leading 38 points.

The second half, much like the first, was a game of cat and mouse, as the Lady Vees would draw closer, the Alumni just pulled a little further away. Even though, coach Campbell elected to play some of his rookies throughout the second half the Lady Vees finished as they did in the first four points back of the alumni, 49-43. It was rookies Carolyn Plummer and Tierney Hoo, who poured in 14 points apiece in their Laurentian debut that kept the Vees close throughout the second half. As well, the continued presence of Gille Eccles down low was a driving force in the Lady Vees attack. However, in the end, the alumni outscored the Lady Vees 93-85, even though it was a loss coach John Campbell appeared to be pleased with his young team's first effort. We all look forward to some great action this year.

If You Want to Help Out, or If You Have Any Comments
or Questions About Lambda's Sports Section,
Please Email the Sports Editor at
LAMBDA SPORTS@HOTMAIL.COM

Lady Vees Continue Their Inaugural Season

Laurentian vs. Nipissing

On a very cold October 6th, afternoon at Laurentian the Women's Soccer team hosted the Nipissing Lakers. Both teams had many scoring opportunities but neither were able to capitalize leaving the game with a score of 0-0. Laurentian dominated the game in the first half but tried to play beyond their abilities in the second half and were left scrambling to keep up.

The Player of the Game for Laurentian was forward, Marissa Zuliani who worked extremely hard and had some great breaks, but was unable to get past the Nipissing keeper.

Laurentian coach, Rob Gallo was disappointed in today's outcome, stating that his team only had their heads in the game for the first 45 minutes despite the fact that they had the majority of play in the first half, He chalks the game up to another learning experience.

Laurentian vs. York

The Laurentian Lady Vees traveled to Toronto this past weekend and were defeated by York 2-0. Although, the CIAU third ranked team defeated the Lady Vees, they played a defensively solid game. The Vees were able to control the second half of the game, but errors in the midfield allowed CIAU third-ranked York to capitalize on Laurentian's mistakes to finalize the score at 2-0. There were a lot of opportunities in the second half, with a beautiful missed shot off the crossbar by Susie Wiseman, which earned her Player of the Game honours for Laurentian. Laurentian coach Rob Gallo was able to play some rookies that "showed a lot of character". He also stated that "the girls are progressing and maturing as a team although the results don't show it" and believes that "they have a good future a head of them".

Laurentian vs. U of T

The Laurentian Lady Vees tied the University of Toronto on October 15th 0-0. The Vees dominated the game from start to finish and had opportunities to score on several occasions, but were unable to put one away. However, the team played their best game of the season and gave everything they had to frustrate the Varsity Blues continuously and hold them scoreless. Outstanding goal tending by Angelina Rumble earned her the Player of the Game honours, while Cassidy Dedian did an exceptional job marking coverage and Jen Carboni turned in a strong defensive effort. Lady Vees coach Rob Gallo was ecstatic over the teams effort this afternoon saying that they have made massive improvement to this point and the girls "finally felt like they are a part of the QUA and played at that level today...very proud of them".

Sports Briefs

Great Result For First Swim Meet

This past weekend, the Laurentian Men's and Women's swim teams faced the Brock Badgers. The men's team defeated Brock 149-91, and the women's team was edged out during the last relay of the meet 115-109. The swimmers of the Meet for Laurentian were Christie Smith who had two first place finishes; the 100 fly and the 200 IM, and Kirk Flinn who also had two first place finishes.

Other swimmers that turned in first place finishes were: Cohn Forsberg (50 back), James Corker (100 breaststroke), Matt Couteas (50 free), Marcie Smith (50 free), Fai Yong (100 fly and 50 free), Dave Vacchino (200 back), Amanda McDougall (100 back), Gilbert Duplessis (200 IM), and Stacey Zembrzycki (200 breaststroke).

Laurentian coaches, Jeno Tihanyi and Phil Parker were very pleased with the effort put forth in the first swim of the year and are looking forward to the rest of the season.

The Laurentian Swimming team also had a very good showing in the QUA relays exhibition meet at Guelph on Friday evening.

CIAU/USIC Men's Soccer TopTen - Oct. 10th, 2000

1. McGiU (2)
2. Toronto (1)
2. Victoria (3)
4. SMU(4)
5. UBC(5)
6. Laurier (6)
7. Dalhousie(7)
8. Calgary (9)
9. Laurentian (8)
10. Queen's (NR)

Last Week's standings are in paranthesis

Body Bonus

Fat Ain't Bad!

By Emily Roback
contributor

You may notice that the student paper in your hands looks a little different this week. It's got a new section that focuses on health and fitness, designed to make Lambda as exciting and new as it would do for your life right now. All you need to know about your current health lifestyle is in the palm of your hands. A little overpowering don't you think? I must say that it is an honor to contribute a small healthy piece of information that may change your entire life. This column, Body Bonus, is more than just about flat abs—it's about eating right, feeling energized, and loving your life. Now, what does fat have to do with this? In fact, it has a lot to do with the way we perceive the word 'fat' in terms of health benefits.

Many of us think that fatty foods are a major 'no-no' and should be avoided at all possible costs. However, that can be quite difficult in our food culture since most of the food that is marketed is processed anyway. It is true that excess dietary fat is a major cause of overweight and obesity and other illnesses if one is not careful with their fat intake. Studies show that the recommended dietary intake for fat should be between 20-25% of the total calories you consume in a day. Fat helps

you in two ways. First, it enhances the taste of food in your mouth. Secondly, satiety increases as the dietary fat enters your stomach. If you think that you still need to modify your fat intake, switch from beef to chicken, whole milk to skim, and butter to margarine. There is no need to eliminate dietary fat, instead limit the intake.

Secondly, it can serve as the most efficient fuel (energy) for prolonged physical activity after the carbohydrate levels have depleted in the working muscles. Whether you are working out or studying, the carbohydrates (simple and complex sugars) are the first to go, the fat stores, then finally protein. Protein is the most crucial food source used to allow the body to survive and repair itself. When you are left with protein as your only energy source, you are on the verge of starvation. Your body is eating itself up by this time! Since fatty foods require more energy for your body to break down than carbohydrates and proteins, they produce more energy when burned off when engaged in some form of physical activity. It is interesting to note that you consume nine calories per gram of fat whereas you only have an intake of four calories per gram of protein and carbohydrates. As a result, fats (lipids, fatty acids) are an important nutrient in our diets in giving us energy.

Thirdly, in order for you to love your life, you have to live in your body comfortably. Without the fat stores in our adipose tissue (predominately known as fat cells), we would not live for more than a few days without eating. Adipose tissue is certainly abundant: it constitutes 18% of an average person's body weight (15% in men and 22% in women). Adipose tissue may develop anywhere on the body, but usually accumulates in the subcutaneous tissue (skin level), where it also acts as a shock absorber and an insulation. Even though fat is a poor conductor of heat, it helps prevent heat loss from the body. Other areas of fat accumulation include the bone marrow, around the kidneys, behind the eyeballs, abdomen, thigh and hips. In other words, proper dietary fat intake can be beneficial in helping your body feel safe and comfortable so that you can enjoy life.

In sum, it is easy to acquire the fat, but it takes physical activity and proper diet to get rid of it. Now you can say that having abs isn't everything because you now know that a small amount of body fat can actually be healthy. See, fat ain't all that bad! If you are ready for a healthy, exciting academic year, this is your column.

Athletes of the Week



Female Athlete of the Week

The Lady Vees were led by Rumble's stellar goal keeping and were able to tie a very strong University of Toronto team in soccer action. The Varsity Blues became very frustrated with the Laurentian defence while Ruble refused to let the ball past. Laurentian coach Rob Gallo stated that "Angelina Rumble starred in a turnaround game for Laurentian Women's soccer...we learned to play university soccer...and gained respect in OUA." Rumble also turned in a strong performance in the 2-0 loss to CIAU number-three ranked York University on Saturday. Angelina is a 4th year Human Kinetics student in Sport and Physical Education originally from Kirkland Lake.

Male Athlete of the Week

Steve Spano, of the Laurentian men's soccer team, was named the Male Athlete of the Week. Steve earned the honours this weekend in the Voyageur's games against York University and the University of Toronto with his fabulous goaltending. Spano was able to keep the game close on Saturday against a feisty York squad and hold the CIAU number-two ranked Toronto Varsity Blues to one goal and the tie on Sunday. Steve has been a steady last line of defence throughout the season for the Voyageurs. Steve is in his 4th year of Philosophy studies and hails from Bradford.

The Soccer Season is coming to an end...
WE NEED POT BANGERS!!!
Come to the games and show us your stuff!



FOOD ROOM HOURS

Tuesdays 11 AM - 1 PM
3 PM - 5 PM

&

Thursdays 11 AM - 1 PM
3 PM - 5 PM

SGA
AGE

students' general association
association générale des étudiants (e)s





Veggies, Veggies,

~~NOTHING TO EAT?~~

No Big Surprise

by Sarah Hamelin
Asst. Features Editor

I consider myself to be a polite person. I mean, sure there are a lot of things I dislike about Laurentian, and typically I'm not the type to openly complain like I'm about to do, but damn it something has to be said about the sorry state of a thing they claim to be a 'menu'.

I guess it's not so much Laurentian, but they did hire the company, so ... anyway, my issue is the menu. It's not about the bottomless gravy pot that is said to never be emptied - just thinking of the bacteria that could be growing in there, gross! But, my beef is actually directed towards the lack of variety in meals for vegetarians.

One week I actually went to the extent of counting the number of pots of soup available at the Great Hall that did not contain meat. Of the ten, there were four. Four! I tried the one, and ended up tossing out the bowl after three bites. After that I trusted my primary judgements based upon the appearance of the soup, and since none of them jumped up and yelled 'eat me!' I pretty much gave up on them. So as far as soups go, there are occasional choices, but they are just that: occasional.

So I decided to get a sub instead, since it will cover my three basic food groups, and I love the selection of vegetables they have. So I get a half sub, a milk, and an apple. I get to the cash, and big surprise this all came up to 7 bucks. Now I'm still trying to figure out how that price got jacked up so high. As it turns out, the vegetarian sub price got augmented to about four bucks for the six inch, and five for the twelve inch. I don't know (nor does it really matter to me) how much it is for subs containing meat, but I imagine it sure as hell isn't cheaper than that. If it is, then I have a totally new problem with this scenario. So, because of the cost of this lunch, it's obviously not an option anymore.

The next day I check out the specials. The previous day had nothing vegetarian; the following day had nothing vegetarian. The only things all week that could have been considered vegetarian were the side dishes of rice and vegetables. I believe the ratio to be roughly one vegetarian special per week. Now, to me, this is not convenient at all. Why have specials if there is nothing 'special' about them? When 99% of the time it's meat, there's nothing remarkable about it.

There is the pasta place, which I haven't checked out this year. When I asked last year I was surprised to learn that when I ordered their fajita-pita thing, even though I didn't want the meat, I still had to pay the same amount. To me it's just stupid to charge me for something I'm not going to be eating, but I guess it's just how the game is played. As well, I eat a lot of pasta at home, so it's not like pasta for lunch, then dinner is that appealing of a meal plan.

And then, there is the deep fried and greasy stuff. You have fries, onion rings, pizza, grilled cheese, and the veggie burger. As a vegetarian, I don't think that because I don't eat meat my lowered cholesterol level should have to be increased by my school lunches. I avoid grease like the plague for the most part; pizza isn't that bad, though sometimes the box is literally transparent. Besides, you can't eat pizza everyday without it having some effect, right? And well, the veggie burger, though it was a nice idea, it seems every time I eat it they undercook it, so it's soft and falling apart. Not to mention, there is some spice in there I can't quite place, but it's so strong that I can't stand it in my mouth. So once again, there is no choice there.

What does that leave? Well, there is the broad selection of salads. We have caesar salad, and a garden salad, the pasta salad, and meat was tossed on the rest of them. There are bagels, muffins, and of course the fruit basket. We cannot live on vegetables people! Your body digests vegetables very rapidly, which means that salad you had at lunch, no matter how big it was, will have done little for your appetite and, a few hours later, your stomach will be rumbling away.

So what's my point? Well it just seems that because we choose not to eat meat, we become penalized in a way. It's not like a public whipping, but you could view it in the sense that we have to walk around with the irritation of no choice in our diet while on campus because either there is actually nothing to eat, or the price is too outrageous for the little that we get. There used to be nachos, there used to be baked potatoes, now there are not. So we're left with next to nothing, where vending machines become our new best friends, and scales our worst enemies. When will the madness end? Probably not during my lengthy visit at this institution. But, maybe someday the recognition will come that not everyone is a 'meat and potato' kind of person, and then we can walk in and order something we actually want, and not something we had to settle for.

Skip the Meat? WHY NOT?

by Sarah Hamelin
Asst. Features Editor

There is a stereotype accompanying vegetarians that, for some reason, just can't be shaken. Perhaps it's the fact that vegetarianism was always associated to those people down in California who are perfectly fit, drink their carrot juice daily, do yoga and meditate twice a day, and, on top of that, they don't eat meat. Back when I was 16, this was pretty radical in my mind, I mean not eating meat? What would your meals be, bread and water? It's ironic that about a year later I started developing a dislike for red meat, then a few months later, pork, then eventually chicken, until all I was left with was me eating turkey on holidays at big dinners and even then I wasn't eating any compared to how much I used to.

My step-mom jokes that the only reason I even ate meat when living at home was because I was forced to and she was right. About 6 months into university and living on my own, I realized I was never eating meat; I didn't even go near the meat section of the grocery store when shopping. I had become a vegetarian without even knowing it. And to my surprise, it worked even if I didn't fit the stereotype. Well, other than the yoga part.

Meat, to me, is just gross. I don't like the smell. I don't like the texture. I love to cook the stuff for others, but I can't eat it myself. It's not so much a cruelty-to-animal issue with me, though I totally don't agree with either way, but more of a personal preference. Some people don't like broccoli, others don't like fish, I just don't like meat.

I suppose a contributing factor could have been taking microbiology two years ago. We learned all kinds of fun things in that class about bacteria and what they can do. For instance, if you make a pot of stew and let it sit overnight, you should boil it for at least 15 minutes to ensure that all the spores which produce the exotoxins (bad things) are destroyed. See? Now you never really have this problem with vegetarian dishes now do you?

But the real kicker was the story of slaughter houses. Apparently the cow carcasses are carried around on these hooks dangling from the ceiling, and they get hosed down to remove all dirt and excretions before they are chopped up into nice little steaks. This all makes sense. I mean, you do want your meat to be clean. However, once in awhile these huge carcasses will fall off their hooks and land on the ground which is covered with, well, all that they have just been trying to remove. So what do they do? They pick it back up and put it right back on the hooks, give it a quick hosing, and off it goes again. Absolutely disgusting.

Vegetarianism is just naturally healthier as well, and to be honest I do see a difference. I had more energy; I never really felt like napping after big meals; and above all, I was eating more fruits and vegetables than I had since my youth. My diet itself



went through a radical change where I cut out most junk foods altogether. It was a life change, but is one I still don't regret - even now, almost three years later.

By changing to a vegetarian diet, you can reduce your risk of development of certain cancers by up to 40%, and decrease the possibility of heart disease by over 30%. As well, your chances of having kidney problems, or diabetes and high blood pressure due to your diet are decreased. And, of course, there is a huge decrease in the possibility of *E coli*, *Salmonella*, or food poisonings taking place with the removal of meat from your diet.

Now it's not exactly like turning to a vegetarian diet means you'll never get another illness and you'll suddenly turn into this super fit perfect image of health, because that's so far from the truth. Just because you stopped eating the flesh of other living things, it doesn't mean that your problem is solved. Exercise helps to not only burn some of that stored fat, but it just makes you feel altogether better about yourself. There is a difference from when I ate meat and now that I don't. I can walk longer without feeling the fatigue. This is because my body just naturally has more energy having to not digest the meat products. Vegetables require little digestion; the process is mainly the absorption of the vitamins and minerals. Pastas are starch products, and begin their digestion process in your mouth by enzymatic degradation, and finishes in your small intestine. Proteins are digested in your stomach, and fats aren't digested until your small intestine. That's a lot of work being postponed, and probably why some people nap after a large turkey dinner. You digest better in your sleep after all.

After some time, I came to other realizations. For one, I have a

pet dog who I love unconditionally. Would I eat my dog? Hell no! In China they eat cats; in Europe they eat horse. I'm sure in many parts of the world every kind of animal is eaten. Some people keep pigs and horses as pets, and they wouldn't dare eat these for that exact reason. However they might turn around and eat bacon, or bologna, or porkchops. Isn't that ironic? So, I guess I tend to believe that since I wouldn't eat my pet, I shouldn't really be eating any animal. They go through enough already with all that animal testing for cosmetics or for medical advancements, and then others are just trying to survive in nature. Why should I speed up the food chain and end their life just so I can have a burger with my side of fries?

And my other realization? There are perfectly good meat substitutes out there already. There are veggie burgers, veggie hotdogs, veggie pepperoni, veggie imitation ground meat, veggie meatballs, etc.. all of which contain soy protein I might add, which gives you the same nutrients that real burger would have, if not maybe more. And there are also the tofu burger and tofu hotdogs, which are not my personal favorite, but considering I put lots of toppings on them, I really can't taste much of it either way. My point is that meat is not so much a necessity anymore with the development of substitutes, as well as with all the vitamins that are available in pharmacies. We are not pale, we are not weak, and we are not mal-nourished. We've just made a choice for our life that many are each day. So, I guess I'm hoping that people will come to see that it's not the end of the world to stop eating meat, but more of a fresh one with benefits that far outweigh the old-school views because they are, after all, just that - old.



Why kill a kodak moment like this?

& More Veggies



Vegetarianism: A Healthy Choice

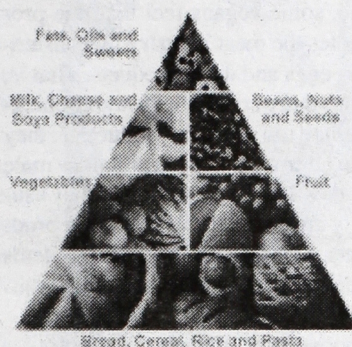
Lysa Pominville
Contributor

I have now been a lacto-ovo-vegetarian for four years and people still think that I will become this sickly person because I have a deficiency in nutrients that I am not getting in my everyday regime. So here are a few facts that will alleviate your worries about me and other vegetarians that may surround you.

Research has shown vegetarians to suffer less from heart disease, hypertension, osteoporosis, obesity, type-2 diabetes, and various cancers such as lung and colorectal cancer, and that is to only name a few. They all attribute these incidences to the vegetarian diet, but keep in mind that not all vegetarian diets are created equal. The vegetarian who lives on chips and Coke will not reel in the same benefits as the one who follows a balanced vegetarian diet.

This is the non-vegetarians all-time biggest worry: are vegetarians getting enough proteins? Yes, vegetarians get enough proteins. What they don't get, unless they pack in the cheese and eggs, is the excess in protein that leads to kidney overload and mineral deficiency diseases, such as osteoporosis. Also, an excess in protein has been linked to heart disease, stroke, various cancers, and late-onset diabetes. What vegetarians don't get is the "overdose" that most meat-eaters get.

If you remember your biology classes, you know that protein are made of amino acids, and there are about 20 that the body requires. Certain amino acids can be made by the body, but eight essential amino acids must be supplied by diet. Different foods have different proteins, therefore they are composed of different amino acids. Many plant foods don't contain all the essential amino acids, that meat or cheese would. But vegetarians eating a well-balanced diet will be consuming a mixture of



proteins that complement one another naturally, which is what we call protein complementing. What scientists now know is that we keep a short store of the essential amino acids in our body, therefore a well balanced vegetarian diet will provide all the proteins needed. Good protein sources are lentils, tofu, low-fat dairy products, nuts, seeds, tempeh, peas, etc. Many common foods such as whole grain bread, greens, potatoes, pasta, and corn add to protein intake.

Another one of the biggest worries meat eaters have about vegetarians is if they are getting enough calcium. Vegetarians not only get enough calcium, but they also absorb more calcium than people on the standard high protein diet. It has been shown that excess animal protein actually has the effect of excreting calcium from the kidneys, even to the extent that the milk that is said to be needed for calcium and strong bones can do more harm than good. Good sources of calcium are dark green leafy vegetables, legumes, tofu, soy milk and low fat dairy products.

Vitamin B12, also known as cobalamin, is especially a concern for vegans. B12's primary functions are in the formation of the red blood cells and the maintenance of the nervous system. The only reliable unfortified source of B12 are meat, dairy products and eggs. No plant foods can be relied on as a safe source of vitamin B12, therefore one is to take a vitamin supplement. Most multivitamin con-

tain an ample amount, since it is also stored and recycled in the body. Some foods are fortified with B12, like certain brands of soy milk and soy margarines, cereals, yeast extracts and soy proteins.

Iron is essential for the transportation of oxygen by the red blood cells. Iron deficiency is one of the most prevalent nutritional problems worldwide, and research has found no differences in levels of iron in vegetarians and non-vegetarians. The richest plant sources are dark green vegetables, soy bean products and legumes, whole grains, dried fruit, nuts and seeds. The higher vitamin C content of vegetarian diets may improve iron absorption.

Zinc plays a major role in many enzyme reactions and the immune system. It is readily available green vegetables, cheese, sesame and pumpkin seeds, lentils and whole grain cereals.

A healthy vegetarian diet is referred to the food guide pyramid for vegetarian meal planning. The pyramid shows the types of food a vegetarian should eat and roughly the quantity and proportion. Bread, cereal, rice, and pasta group are at the bottom because it should be consumed the most. It is better to choose the foods containing the most complex carbohydrates. At the top is the fats, oils and sweets because the body don't need many of these, but a small proportion of these is still needed.

Nobody needs to worry that when you stop eating meat and fish, you might be in danger of a nutritional deficiency. Research shows that a vegetarian diet is far healthier than that of the typical carnivorous diet. As long as you eat a variety of food, your diet should be healthy and you will be getting all the nutrients you need.

Recipes for Vegetarians

Taco Filling

- 2 cups cooked white rice
- 6 tbsp. salsa
- 1/4 chopped onion
- a tomato
- clove minced garlic
- 1/8 tsp. cumin powder
- Salt and pepper
- Parsley

After having cooked the rice, add the salsa and mix. Chop the onion and tomato into smaller chunks and add to the mixture with the garlic and spices. Mix thoroughly, and salt and pepper to taste. Add parsley if desired. Serve with the regular taco spread of shells, shredded cheese, lettuce, tomato, sour cream, and any others you prefer.

Chunky Chili

- 1 can diced tomatoes
- 1 can diced plum tomatoes
- 1 can red kidney beans
- 1 can kernel corn
- can tomato sauce
- a green pepper
- an onion
- 1 handful mushrooms
- 1 clove diced garlic
- Chili powder

Drain the juice from the canned tomatoes and add them to a pot with the tomato sauce. Add the drained kidney beans and corn and mix. Chop the green pepper, onion, and mushrooms into decent sized chunks, and mince the garlic and add them to the pot. Mix all the ingredients well and add the chili pepper according to your tastes. Cook for 4 hours in a crock-pot on high, or 2-3 hours on the stove on medium, covered. Serve with toast and nacho chips.

Cheese Quesadillas

- cup soft cream cheese
- 1/3 cup salsa
- 1/3 cup chopped green pepper
- 1 large tomato
- 1/3 cup chopped canned green chilies
- 3 chopped green onions
- 6 flour tortillas
- 1 — cups grated cheddar cheese
- Sunflower oil
- Guacamole
- Salsa
- Sour cream

Mash the cream cheese and salsa together with a fork in a shallow bowl or plate. Set aside. Toss the green pepper, tomato, chilies (drained of their juices), and green onions together in a small bowl. Lay half the tortillas down on a working surface. Cover each one with the cream cheese mixture to 1/2 inch from the edge. Sprinkle the green pepper mixture over this mixture, followed by the cheese. Cover it with an untouched tortilla and place it in a warmed frying pan containing a light coating of oil to prevent sticking. Cook until lightly browned, then flip it over carefully and do the same to the other side. Remove from heat and serve with guacamole, salsa, and sour cream for dining.



Food Guide Pyramid for Vegetarian Meal Planning

FATS, OILS, AND SWEETS-- use sparingly
candy, butter, margarine, salad dressing, cooking oil

MILK, YOGURT, AND CHEESE GROUP

0-3 servings daily*

milk—1 cup

yogurt—1 cup

natural cheese—1 1/2 oz

*Vegetarians who choose not to use milk, yogurt, or cheese need to select other food sources rich in calcium. For a list of calcium-rich foods, please see Figure 1.

VEGETABLE GROUP

3-5 servings daily

cooked or chopped raw

vegetables—1/2 cup

raw leafy vegetables—1 cup

DRY BEANS, NUTS, SEEDS, EGGS, AND MEAT SUBSTITUTES GROUP

2-3 servings daily

soy milk—1 cup

cooked dry beans or peas—1/2 cup

1 egg or 2 egg whites

nuts or seeds—2 Tbsp

tofu or tempeh—1/4 cup

peanut butter—2 Tbsp

FRUIT GROUP

2-4 servings daily

juice—3/4 cup

dried fruit—1/4 cup

chopped, raw fruit—1/2 cup

canned fruit—1/2 cup

1 medium-size piece of fruit, such as banana, apple, or orange

BREAD, CEREAL, RICE, AND PASTA GROUP

6-11 servings daily

bread—1 slice

ready-to-eat—1 oz

cooked cereal—1/2 cup

cooked rice, pasta, or other grains—1/2 cup

bagel—1/2

Six Simple Steps to Vegetarianism



1. Some people can and some do it, but not everyone can change their diet overnight. Start gradually by introducing vegetarian alternatives and build from there. When cooking at home, pick a meal that you really enjoy; it could be as basic or sophisticated as you like. Substitute a vegetarian alternative for the meat or fish in that meal and give it a try. If you are dining out, pick a vegetarian alternative. Once vegetarian foods make up the majority of a person's diet and they have discovered just how delicious and satisfying they are, most realize that getting rid of meat and fish completely involves no sacrifice at all.
2. Don't be put off by what people might say or think. Make up your own mind. There are many myths and prejudices that surround vegetarianism, so approach the subject with an open mind and find out for yourself.
3. Visit your local supermarket, shop or health food shop and discover the full range of alternatives on offer. In recent years, there has been a major explosion in the scope of veggie-friendly foods available and you're now guaranteed a mouth-watering vegetarian option every time you shop.
4. When shopping, make sure that the eggs you buy are free-range. Cheeses and other dairy products are suitable for vegetarians. Check that the rest of your foodstuffs contain no hidden animal ingredients. This is not difficult but if you are not certain, be sure to ask.
5. Buy a decent vegetarian cook book. If you enjoy cooking at home, far from limiting your culinary activities, vegetarian food opens up a whole new, exciting and refreshing world of taste. From everyday quick snacks to summer barbecues, right through to vegetarian banquets and dishes for special occasions, there is a genuinely fantastic range of veggie cook books on the market to suit every budget skill level and requirement.
6. Get to know as much about nutrition and health as possible. Whoever you are, an important pathway to healthy living is to ensure that your diet is well-balanced and nutritious. This is important for everyone and is fairly straight forward if you are aware of a few simple facts. It is a myth to think that a vegetarian diet is in some way deficient in nutrients, vitamins and minerals, provided that the intake of foods is well-balanced.

Vegan Substitutions

As a binder, substitute for each egg:

- 1/4 cup (2 ounces) soft tofu blended with the liquid ingredients of the recipe, or
- 1 small banana, mashed, or
- 1/4 cup applesauce, or
- 2 tablespoons cornstarch or arrowroot starch, or Ener-G Egg Replacer or another commercial mix found in health food stores.

The following substitutions can be made for dairy products:

- Soy milk, rice milk, potato milk, nut milk, or water (in some recipes) may be used.
 - Buttermilk can be replaced with soured soy or rice milk. For each Cup of buttermilk, use 1 cup soy milk plus 1 tablespoon of vinegar.
 - Soy cheese available in health food stores. (Be aware that many soy cheeses contain casein, which is a dairy product.)
 - Crumbled tofu can be substituted for cottage cheese or ricotta cheese in lasagna and similar dishes.
- Several brands of nondairy cream cheese are available in some supermarkets and kosher stores.

The following can be used as meat substitutes in soups and stews:

- Tempeh (cultured soybeans with a chewy texture)
- Tofu (freezing and then thawing gives tofu a meaty texture; the tofu will turn slightly off white in color)
- Wheat gluten or seitan (made from wheat and has the texture of meat; available in health food or Oriental stores)

Next Week...

Lambda Goes All-Out for

HALLOWEEN

Learn About Your Fears, Find the Best Horror Movies, or Just Get Scared Shitless!!!

Vegetarian Feature Vegan, Vegetarian What's the Difference?

Vegetarians don't eat meat, fish, or poultry. Vegans don't eat meat, fish, or poultry. That's pretty much the end of the similarities between them. So how are they different from one another? Well it's quite simple actually.

Vegetarians do not eat meat, fish, and poultry. Among the many reasons for this are health, ecological, religious concerns, dislike of meat, compassion for animals, belief in non-violence, and economics. The key to a healthy vegetarian diet, as with any other diet, is to eat a wide variety of foods, including fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes. Limit your intake of sweets and fatty foods.

There are several types of vegetarians out there. There are lacto-ovo-vegetarian, who are vegetarians that eat both dairy products and eggs, though not the meat. This is found to be the most common type of vegetarian diet in the general population. Lacto-vegetarians are similar to lacto-ovo-vegetarians in the sense that they eat dairy products like milk, cheese, yogurt, etc ..., but will not eat eggs.

And then, there are vegans. Vegans, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps derived from animal products. People choose to be vegan for health, environmen-

tal, and/or ethical reasons. For example, some vegans feel that one promotes the meat industry by consuming eggs and dairy products. That is, once dairy cows or egg-laying chickens are too old to be productive, they are often sold as meat; and since male calves do not produce milk, they usually are raised for veal or other products. Some people avoid these items because of conditions associated with their production. Many vegans choose this lifestyle to promote a more humane and caring world. They know they are not perfect, but believe they have a responsibility to try to do their best, while not being judgmental of others.

A fruitarian is a type of vegan diet that consists mainly of fruits, grains or nuts. It carries the belief that only the parts of a plant that can be removed without actually killing the plant should be eaten, and very few things should be processed or even cooked.

And, finally, there are macrobiotic vegetarians. Their diet choice is based solely upon spiritual and philosophical reasons. It's the development of the perfect balance between the ying (positive) and yang (negative) in the foods you eat. So, with time, you eliminate ele-

ments of your diet, until you reach the highest levels of just fruits and vegetables being consumed. Then, after those are tossed aside, the person attains the level of a brown rice diet, being the utmost peak of the macrobiotic diet.

So, if you make the decision to become a vegetarian, there are choices to be made, like which category you would fit best under. Keep in mind that it isn't an overnight thing; it's a gradual process where you can work at your own pace. Pardoning the pun, it's not cold turkey. The process can be hard or easy; it depends on how you want to go about it. But, as stated before, what it essentially comes down to in the end, is you and what you want out of it.



What's A Vegetarian To Eat?

Traveling is inevitable. And sometimes you just don't feel like cooking yourself dinner. For the better part of the population, going out and grabbing something at a restaurant is rather easy compared to having to slave over a stove for an hour or two. With an extensive menu covering a broad variety of meats like chicken, beef, and occasionally pork or fish, consumers have a pretty good selection to choose from to satisfy whatever craving may cross this path. Okay, so this isn't exactly true, but I'm not a liar either. Sure this applies to any carnivorous/omnivorous person walking the earth, but for vegetarians it's a bit more complex.

If you ever glance at a menu in a McDonald's, you'll get my point. My family, like most families worldwide, have a sort of dependence upon McDonald's, to prove them with good food at decent prices with little toys in the Happy Meals that the children will love. I remember it as the luxury that came with visiting dad for a weekend; it formed about two-thirds of our diet while visiting him. Now all this is fine when you're a kid, and you love beef and chicken, but what about for a vegetarian? I learned this the hard way a few months back when they finally yanked the pizza off their menu. One of four things (consisting of the pizza, a McWrap, fries, and salads, though available only in some locations) that I could eat on that bloody menu was removed! I was rather troubled, and very an-

noyed, by the fact that there really is nothing for a vegetarian to eat in a fast food restaurant like McDonald's. What ever happened to loving to see me smile? They tossed it out the window with the cardboard pizza.

So, seeing the dilemma, a list of what you can eat and where you can eat it is a pretty handy tool for a vegetarian on the run. We do, after all, enjoy meals other than a salad thank you.

Fast Food:

Wendy's is typically my top choice in this category. Their menu is rather flexible with a selection of baked potatoes with toppings, salads, pitas, and of course french fries. Tim Horton's comes next because of their soup deal. They usually have one or two vegetarian soups each day, as well as their veggie sandwich, lots of bagels and muffins, and of course donuts if you have a sweet tooth. Harvey's has created a veggie burger! It's nice to have a local fast-food chain with one, and it's not half bad either. Combined with daily soups, salads, onion rings, and fries it's a satisfying stop. Subway has two options: the veggie sub, and the garden patty. Along with these comes a choice of breads, sauces, and a broad selection of toppings, as well as combos with soup and/or chips in case you have a larger appetite. The Pita Pit has quite a few pitas you can have. Either add cheese, or try the falafel or hummus ones, they're all

yumy. Most pizza places usually tend to have one or two types of pizza slices without meat that you can purchase on the go.

And if on the road in southern Ontario make sure to stop in at Lick's, which has possibly the best veggie burger ever made. Along with fruit salad and other salads, fries, onion rings, and topping for your burger like alfalfa sprouts and cucumber it's a definite stop for any trip.

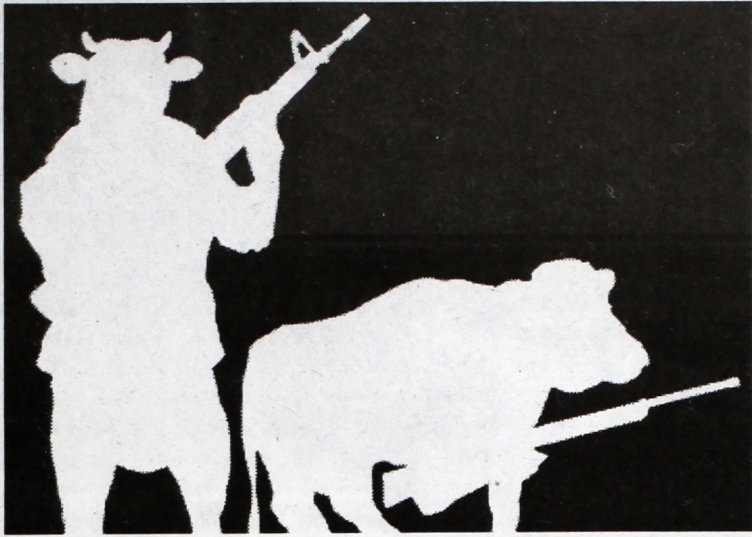
Sit-Down Restaurants:

William's Pub is great because it has a large selection of meals for vegetarians. There are soups, plenty of salads, quiche, lasagna, chili, as well as sandwiches. East Side Mario's has pastas galore and salads, as well as a veggie burger and wedding rice soup. Casey's carries nachos, fajitas, a veggie burger, onion rings, salads, pastas, stir-fries and other appetizers that are meat free. Culpepper's has a great Greek salad as well as stir-fries and other Greek dishes. Peddler's however is great for Irish food you may crave with a superb sandwich consisting of lettuce, tomato, red onion, cucumber and hummus. As well, their Caesar salad was a must try. For the seafood lover in you check out Red Lobster. Not all vegetarians dig eating fish, but if you do it's a great place to stop. And Chinese food is always good because you can ask them to prepare a dish without the meat if it's not available already in that way.

Vegetarian Feature

What's In Your Boots?

Thursday, October 19, 2000 / jeudi le 19 octobre, 2000



Downed Cow

The True Story of One of the Anonymous Animals Born Into the Meat Industry

The truck carrying this cow was unloaded at Walton Stockyards in Kentucky on a September morning. After the other animals were removed from the truck, she was left behind, unable to move. The stockyard workers beat and kicked her in the face, ribs and back. They used the customary electric prods in her ear to try to get her out of the truck, but still she did not move. The workers then tied a rope around her neck, tied the other end to a post in the ground, and drove the truck away. The cow was dragged along the floor of the truck and fell to the ground, landing with both hind legs and her pelvis broken. She remained in this state until 7:30 that evening.

The cow lay in the hot sun crying out for the first three hours. Periodically, when she urinated or defecated, she used her front legs to drag herself along the gravel roadway to a clean spot. She also tried to crawl to a shaded area but could not move far enough. Altogether, she managed to crawl a painful 13-14 yards. The stockyard employees would not allow her any drinking water; the only drinking water she received was given to her by Jessie Pierce, a local animal rights activist, who had been contacted by a woman who witnessed the incident. Jessie arrived at noon. After receiving no cooperation from stockyard workers, she called the Kenton County police. A police officer arrived but was instructed by his superiors to do nothing; he left at 1 p.m.

The stockyard operator informed Jessie at 1 p.m. that he had obtained permission from the insurance company to kill the cow but would not do so until Jessie left. Although doubtful that he would keep his word, Jessie left at 3 p.m. She returned at 4:30 p.m. and found the stockyard deserted. Three dogs were attacking the cow, who was still alive. She had suffered a number of bite wounds, and her drinking water had been removed. Jessie contacted the Kentucky State Police. Four officers arrived at about 5:30 p.m.

State trooper Jan Wuchner wanted to shoot the cow but was told that a veterinarian should kill her. The two veterinarians at the facility would not euthanize the cow, claiming that, in order to preserve the value of the meat, she could not be destroyed. The butcher eventually arrived at 7:30 p.m. and did shoot the cow. Her body was purchased for \$307.50. (Usually animals who are bruised or crippled or who are found dead are considered unfit for human consumption and are used for pet food.)

When the stockyard operator was questioned earlier in the day by a reporter from The Kentucky Post, he stated, "We didn't do a damned thing to it," and referred to the attention given the cow by humane workers and police as "bullcrap." He laughed throughout the questioning, saying he found nothing wrong with the way the incident was handled.

This is not an isolated case; in fact, it is so common that animals in this condition are known in the meat industry as "downers," and no effort is made by industry insiders or the USDA to see that animals are treated more humanely. Standard practice is for stockyard workers to find "downed" animals, tie them to the back of a pickup truck and drag them to one area, where they are piled one on top of the other, making it easier for the butcher to kill them and reducing the chances of interference by concerned passersby. Stockyard workers seem to find these practices acceptable. They have proved that the meat industry cannot monitor itself. It is up to the public to demand change and for consumers to refuse to purchase the products of this miserable industry.

Have an idea for a feature?
Stop by and let us know.

When you buy leather products, you may be purchasing leather from Asian dog and cat tanneries. Why is this? Because products are rarely labeled, so there's no way to know for sure exactly what you're buying. To me, I don't really want to be wearing a dog thank you. But are you aware of what animals go through so that our leather boots, coats, pants, and various other fashion accessories and household accessories? Well here's a quick look at them:

Breeding pigs on factory farms are confined to stalls barely larger than their own bodies. The stench of ammonia is often overpowering even for farmers, who spend only minutes a day in the pig buildings. (Pig farmers commonly suffer from a variety of respiratory problems, including bronchitis, asthma-like conditions, and inflamed sinuses.) Sows are kept pregnant or nursing constantly and are squeezed into narrow metal "iron maiden" stalls, unable to turn around. Although pigs are naturally peaceful and social animals, they resort to cannibalism and tail-biting when packed into crowded pens and develop neurotic behaviors when kept isolated and confined. Lack of exercise causes pigs to become so weak they can barely walk 50 yards. At the slaughterhouse, workers jab metal hooks into pigs' eyes, mouths, or rectums to force them to move faster.

Other species are hunted and killed specifically for their skins, including zebras, bison, water buffaloes, boars, deer, kangaroos, elephants, eels, sharks, dolphins, seals, walruses, frogs, crocodiles, lizards, and snakes. Thousands of endangered olive ridley sea turtles are captured and butchered illegally in Mexico solely for their skins. It is estimated that 25 to 30 percent of imported crocodile shoe leather and other items made from wildlife are made from endangered, illegally poached animals.

Kid goats may be boiled alive

to make kid gloves, and the skins of purposely aborted calves and lambs are considered especially "luxurious."

Snakes and lizards are often skinned alive because of the widespread belief that live flaying imparts suppleness to the finished leather. Flayed snakes have been observed to take more than four days to die.

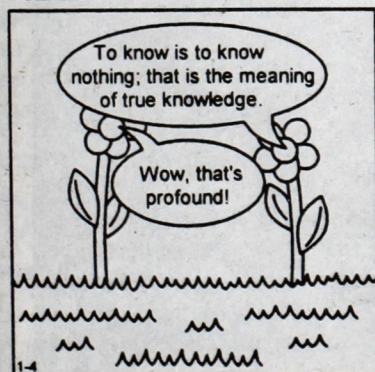
Ostrich skin is used for expensive leather boots and clothing. Farmers strip ostriches of their feathers before slaughtering them by roughly pulling feathers from their sockets with pliers or shaving them off with electric shears. According to The New York Times, "Slaughterhouses often do not know what to do with the big birds, the largest in the world." A slaughterer in California said it took him "two hours of violent struggle to kill a single ostrich."

The majority of alligator and crocodile skins used to make clothes and accessories come from factory farms, where the animals are kept on concrete slabs in half-sunken sheds, surrounded by dirty, stagnant water. As many as 600 young alligators may inhabit one building, which reeks of rancid meat, alligator waste, and stagnant water. Although alligators may naturally live 40 to 60 years, on farms they are usually butchered before their fourth birthday. Killing methods are brutal: Crocodiles are often caught

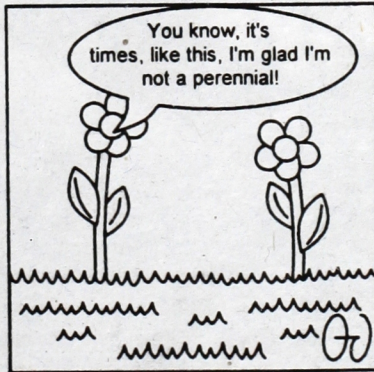
with huge hooks and wires and reeled in when they become weakened from blood loss or drown. A PETA undercover investigator at one of these farms, Gator Jungle in Florida, documented workers smashing animals over the head with aluminum baseball bats and slicing through their spinal cords with steel chisels and hammers. Some alligators remained conscious and in agony for up to two hours.

The saddest part of all this is there are other options. There has been the creation of chlorenol, which is used in athletic and hiking shoes. It's a synthetic material that is perforated so that your feet can breathe, and that stretches and works just as well as leather will, and is machine washable. As for your boots and other shoes, companies have started using plastics that look almost the exact same as leather, and because of this, are water resistant and rather durable in wear. In stores, most of the clothing is imitation leather anyway, and might I add usually a hell of a lot cheaper than the real stuff. Actually, it's been said that vegan shoes and accessories are up to 60 to 75 percent cheaper than leather itself. So make a statement and save a few bucks and, at the same time, you can rest easy knowing you aren't wearing a slaughtered animal.

FIELD®



Written by Gabriel Noël



GET YOUR LUNCH DOWNUNDER!

Lunch Is Available in The Pub DownUnder
Monday to Friday from 11:30 to 1:30

Hot, Sliced Meat Sandwiches

Stir Fry

- Chicken, Shrimp, Italian Sausage or Vegetarian

Grab n' Go

Lunch Made Fresh Right Before Your Eyes!
Forget the Great Hall Line-Ups... Go DownUnder!





This student is buying a car.

In fact, he's just earned \$1,000 to help him pay for it.

Get down to The GM Card® booth on campus and sign up. Just for applying, you'll receive a free The Best of Frosh 1, 2, 3 and the 80's CD**. Upon approval, you'll also receive \$1,000 in GM Card Earnings* towards the purchase or lease of a new vehicle and \$10 off your next on-line purchase at HMV.com. Then, whenever you use your card, like to buy groceries for instance, you'll get 5% in GM Card Earnings*. And there's no annual fee! Visit us at: nobrainer.gmcanada.com to apply on-line.



What's
your card
done for
you
lately?

Arts ENTERTAINMENT

Scraping Roadkill Off the Information Superhighway

by Nick Stewart
Entertainment Editor

People Eating Tasty Animals
<http://www.fegan.net/peta.htm>

In keeping with this week's Vegetarian feature, I thought I'd present this site, which not only presents the glory of "eating tasty animals", and polls asking about your favorite barbecued food but also goes to point out the advantages brought about by animal testing. According to the site, we wouldn't have insulin, vaccines to polio, smallpox, chemotherapy, blood pressure medication, cataract surgery, nor would we have preventative measures against anthrax, rabies, and over 200 other animal diseases which could strike farm animals or housepets. It not only includes "Did you know..." type stuff (using a car requires the slaughter of cows...yeah, yeah, I know...just check the site), but it also has interesting quotes from reps of the 'official' alternative group, People for the Ethical Treatment of Animals (PeTA co-founder Ingrid Newkirk once said even if animal research resulted in a cure for AIDS, "we'd be against it."), as well as links to Animal Welfare Groups that you should support OTHER than PETA. Whether you agree with animal rights or not, it's worth a look...and anything that discusses Ostrich meat is cool by me.

The Dubya Virtual Magnetic Poetry Page
<http://www.adamclymerfanclub.org/vmagpoetry.php>

Is it just me, or has anybody else noticed that the U.S. presidential race is totally and utterly terrifying to watch? Sure, Gore may be a personality-challenged automaton, but at least he's smarter than a box of hair...which is way more than I can say for that little psycho, George W. Bush. W, or Dubya as they say down in Teh-xas, is not only an idiot, but he's also completely insane; this is a guy that, if elected, has promised to establish a series of ballistic missile bases along the U.S. coast, "for the good of the country." Of course, this would most definitely trigger World War III, but hey, what are ya gonna do? In a true Idiot Politician form that only Dan Quayle could admire, Dubya has said some truly stupid things in public, which this site has turned into one of those "magnetic poetry" pages. In other words, you can make Dubya-ism Haiku, like:

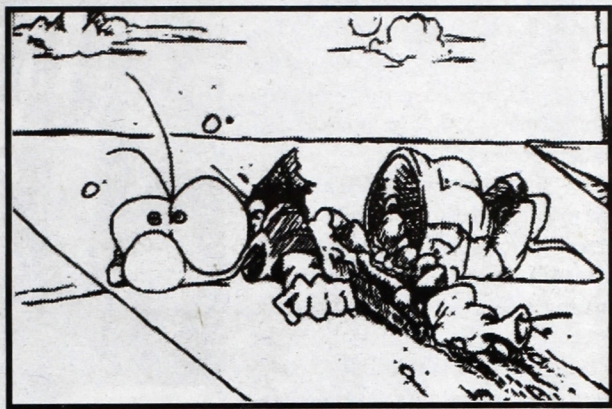
Keep America
Guilty...I mean innocent
Subliminalism

Special Bonus Trivia...

The link for George W. Bush's campaign homepage is www.georgewbush.com. But in an extremely appropriate and bizarre twist, you can also go there by typing www.bushsucks.com. Either they've come to grips with their crappiness, or they bought the link so nobody else could use it against them. Interesting...

Disturbing Auctions
<http://www.disturbingauctions.com/>

If you've ever spent any kind of time on Ebay, you know of the insane and demented stuff that's available on there. From Alien Fetuses to life-sized reproductions of human organs, people are willing to sell just about anything if they think it'll net them even the slightest bit of cash. The site credo puts it perfectly: "After all, as the saying goes, one person's trash is another's treasure. But sometimes, trash is just trash." This site is dedicated to hunting down some of the weirder stuff available on these online auctions and documenting the date of the sighting, the final bidding price, as well as a quick commentary by the webmaster. It's all broken down into categories, so you can take a look at this bizarre crap in order. For example, under "Art?" you'll find a Postcard of a Goat Nursing a Baby (I'm not kidding), while you'd have to look under Home Furnishings to find the ever-important Deer Butt ("The value of this unique BUTT is about \$300.00", brags the seller). And, as our Editor-in-Chief well knows, there's a plethora of terrifying dolls out there, so much so that it actually warrants its own category, in which you'll find Saddam Hussein puppets, Naked Campbell's Kids and even Disembodied Farrah Fawcett Heads (yes, really). A bizarre and glorious testament to the mind-numbing tendency of capitalism if I ever saw one.



Ask the S&M Goddess

Dear S & M Goddess,

This summer I wrote my friend (who I was VERY interested in) a sex letter. You know, kind of a script of the sexual things I wanted her to imagine us doing. It was meant for something for her to fantasize about, and now she wants us to do exactly what I wrote to her in the letter. I don't think I could do half of that stuff even if I tried! What do I do now? Help me get out of this mess!

Letter Lover

Dear Letter Lover,

I once had a lover write me one of these letters and I thought it was fantastically sexy! So now you are on the spot. I say jump right on it! Try logging on to www.dreamysex.com, as they've always got tons of great ideas. If all else fails, take a few shots of rye and just let loose! Be crazy and spontaneous; after all, isn't that what sex/making love is all about? So put down the paper, and your pants, and be Mr. Luva Luva, just for a night! You just might love it so much it will become more of a habit than you ever could have imagined!

Dear S & M Goddess,

I had a friend of mine take some erotic pictures of me, in the nude, to send to my boyfriend. Now I've lost them and I have no idea who might have gotten their hands on them! I'm freaking out here! And to make matters worse, I live in residence so they could have passed through a hundred hands by now! Is there any way I can get them back? I need a miracle!

X-posed

Dear X-posed,

This little piece of advice goes for all you people out there who have considered doing what our dear friend X-posed has done. Unless you are prepared for the entire world to see you in whichever flexible pose you desire most...don't do it! And for you Exposed...hopefully you are a nice looking girl and the person that picked up your snapshots is enjoying them as much as your boyfriend would have. Cheerio!

Dear S & M Goddess,

My boyfriend is the hottest kisser I have ever had...and I'm 24, so I've had more than just a few. So, you'd think I should have nothing to complain about, right? Well, here's the thing...he growls like a wild dog when we're in bed together! I end up feeling completely uncomfortable and bring things to an abrupt halt. This is seriously affecting the quality of my sex life! How can I stop my man from growling in bed?

Beware of Dog

Dear Beware

I think that what most lovers complain about is the lack of craziness in their love lives. And now here you are, making love with a man who obviously can't help but act like a sex-crazed animal, and you're complaining! Normally I never refuse to give advice, but in this case all I can say is WAKE UP and enjoy him, because you know what hon? Old men are rarely animals in bed. Get me?

DownUnder

by Mat Thompson





Karaoke in The Pub

**Friday, October 20th
@ 11:00pm**

Pool Show
**Wednesday, October 24th,
8-9 & 10-11pm**

DJs Every Wednesday Through Saturday

Arts & Entertainment

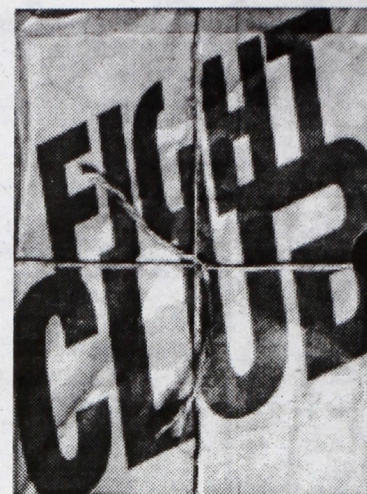
Fight Club Vs. Survivor

by Nick Stewart
Entertainment Editor

"We don't have a great war in our generation, or a great depression but we do, we have a great war of the spirit. We have a great revolution against the culture. The great depression is our lives."

If you sat through **Fight Club**, the movie, and came out thinking that it was nothing but a superficial exercise in blood, guts, and gore with a bit of a twist, stop reading this right now. Stop right now, go pick up **Fight Club**, the book, and read it. Read it over and over and over until its meaning finally sinks in, and you realize that, in the end, this phenomenon called **Fight Club** isn't about violence, it's not about blood, guts and gore; it's a wake-up call, an adrenalized anthem for our disenfranchised generation of materialistic, conformist "space monkeys".

For the uninitiated, **Fight Club** is a story of a young urban professional who spends half his time in a cubicle, and the other half jetting across America while fulfilling his duties as an automotive recall specialist. This leaves him with little time to spend at home, which he fills with custom-made Swedish furniture in an attempt to find some fulfillment in his soulless and hollow existence. Failing that, he develops an addiction to support groups that suffer from diseases he knows nothing of: bowel and testicular cancer, leukemia, blood parasites...sufferers that surround him with their tears and pain, and somehow help tend to his insomnia because "if people thought you were



dying, they give you their full attention."

Then, one day, he encounters self-made anarchist Tyler Durden, a man who splices single frames of porn into children's feature films, a man who works at a posh restaurant for the sole purpose of fouling the food with every imaginable bodily fluid, and yes, a man who makes soap — from human fat. Together, the Narrator and Tyler form **Fight Club**, a secretive underground group where men can escape the drudgery of their day-to-day lives by beating the living tar out of one another, and it's not long before their group grows and evolves into a group of social terrorists. With Tyler at the helm as a neo-fascist messiah, Project Mayhem emerges, where "arson, assault, mischief and misinformation" rule the day; The Narrator soon finds matters rapidly spiraling out of control and into something that he never could have expected.

While **Fight Club** has an ac-

VS.

"Please fasten your seatbelts as we begin our slow descent into oblivion."

When I discussed **Fight Club**, I mentioned how it was one of the most brilliant pieces of social satire ever written. The only reason that I didn't say that it was THE most brilliant piece of social satire ever written is because that honor falls to Chuck Palahniuk's second novel, **Survivor**. No, it has nothing to do with Richard, Susan or Rudy, or any other of those mindless gomers that you'd come across on pseudo-Reality TV. Like its predecessor, it's a testament to the endless frustration that is modern society; unlike **Fight Club**, however, **Survivor** holds up a wide variety of topics for observation, and exposes it as the crude, ridiculous, and personally destructive mish-mash that it truly is.

Starting at page 289, Chapter 47, **Survivor** works its way backwards as its main character, Tender Branson, tells his story into the black box of Flight 2093, a plane that he hijacked, emptied, and is now flying at 39,000 feet with the intent of crashing into the Australian outback. The pages and chapters tick down as the plane runs out of fuel and the engines explode into flames, one by one, as Tender recites his tale.

As a former member of the Creedish church colony, he was sent into the outside world at the age of 17 in order to do menial housework for an extremely upper-class wannabe socialite couple. After ten years of cleaning body fluid stains and me-



thodical dayplanning, he discovers that his former Creedish home committed mass suicide as a result of FBI inquiries of white slavery, and, according to his faith, Tender must heed "The Deliverance" and kill himself right away. Deciding that he's not quite ready, he acquires an agent and catapults himself to fame as a global-media religious icon, a steroid-powered, collagen-enhanced televangelist of the highest possible earning potential. With huge sales of Truth, the Fragrance, the Tender Branson Dashboard Statuette, and the Book of Very Common Prayer (which contains such incantations as The Prayer to Delay Orgasm, and The Prayer to Silence Car Alarms), he becomes an overwhelming success, with the burning urge to off himself at just the right moment...if only he could get over his own fame.

tual start-to-finish plot, and yes, some pretty graphic descriptions of face-mashing, flesh-tearing violence, it's not about the bloody pulp that's sitting on the surface. It's about the all-consuming force of social conformity, of soul-crushing consumerism that robs each and every one of us of our true identity. About how Calvin Klein and Ralph Lauren and Nike and countless other heartless faceless perfect skin perfect body corporations should not define who you are as a person, how you should be allowed to affect the world around you, because right now, we're reduced to a colony of space monkeys: "You do the little job you're trained to do. Pull a lever. Push a button. You don't understand any of it and then you just die." Lines like "Maybe self-improvement isn't the answer. Maybe self-destruction is the answer" tell the tale.

In other words, **Fight Club** is one the most brilliant pieces of social satire ever written, and is one of the most important pieces of literature that you're likely to see in your lifetime. It's a symbol for our generation, and a beacon for those who look to humanity's horizon, only to find bleak and apocalyptic hopelessness. People who've seen the movie should read it to glean the alternative ending and to gain clarity on some of the film's vaguer issues, while newcomers should read it to gain perspective. It's genius, pure and simple, and something no self-respecting individual should allow themselves to miss.

As it viciously skewers modern views of religion, fame, social convention, sexuality, and conformity in a single novel, **Survivor** is a pretty heavy and intense ride. Every page, sentence, word symbolizes and satirizes aspects of the world around us, using some of the blackest humor ever seen alongside bizarre characters and scenarios to convey its messages. Tender dances in a morgue, finds out about disasters before they happen so he can watch, runs a fake crisis hotline so he can tell desperate callers to kill themselves and essentially founds his own religion...among many other things. Yes, it's off-the-wall, and yes, it's demented, but it's all so artfully constructed that you'll lose yourself in it before you have a chance to realize how true-to-life it all really is.

With **Survivor**, Chuck Palahniuk establishes himself as a modern-day philosopher who seems to have the uncanny ability to dissect the most ridiculous and apocalyptic aspects of our superficial, spiritually oppressive society. Controversial and telling quotes such as "The only difference between a suicide and a martyrdom is the amount of press coverage" ring through every page, reminding us of our obsession with image, our reliance on mass media, and our need to conform. With **Fight Club**, Palahniuk illustrated our generation's "spiritual war"; **Survivor** shows how it's a losing battle. In short, this is a can't-miss novel, and is unquestionably a true modern classic.

Your Lambda Horoscope

Aries March 21 - April 19

It's time to face the facts. That romance that you dreamt of is just not meant to be. Don't let it get you down though, your eyes have already drawn someone in, and you don't even know it! Play it cool and everything will just fall into place. Remember, love only comes looking for you when you're looking for it.

Taurus April 20 - May 20

Your sensitive side is on the rise this week! Don't let the stress get the best of you, though. Your friends want you to let loose with them this weekend. Do it! You'll need a little down time by then.

Gemini May 21 - June 21

Your happy-go-lucky side has been a little clouded lately, but all that is about to change. This week will bring you the surprise you've been secretly awaiting. So, keep focused for now because your life is about to get a jump-start!

Cancer June 22 - July 22

You want to give up, but don't! Your potential far exceeds your motivation sometimes, but you're just going to have to push yourself, especially this week. A person from your past has been on your mind a lot lately. Don't get yourself caught in that tangled web again; you're better than that.

Leo July 23 - August 22

You have to make that decision that's been wandering around your head the last few weeks. It's always better to do something than wonder what might have happened. Do what's best for you, even if it does mean hurting someone this time. Be sensitive, meow, and don't roar.

Virgo August 23 - September 22

People haven't been seeing the real you lately. Sometimes it's good to let your guard down, even with those you don't necessarily admire. Wear something flashy that snags all the attention. And try holding hands in public, it's easier than you think.

Libra September 23 - October 22

Try not to focus on the bad side of things this week. You're going to need to be a positive thinker and just make the best of any bad situation. Roll with the punches, because tomorrow's another day! Family life becomes interesting as you hear some tales from the past. Just sit back and take it all in. It's going to be a bumpy ride!

Scorpio October 23 - November 21

Hey Jealousy! Forget it this week! You are at the top of your game, socially and intellectually. A secret flame will be introduced and the spotlight will be on you! Just the way you like it, eh Scorp? You're going to shine this week, so why not share some of your happiness with others; there will be lots to go around!

Sagittarius November 22 - December 21

A Leo will come slinking into the scene this week. Look twice before you leap. Sagg and Leo just don't mix. If you do find yourself falling for this cunning flame, watch out! The bite of the Lion is always worse than the bark!

Capricorn December 22 - January 19

If you have the feeling that someone is talking about you, you're probably right. Take charge and kick some ass! (not literally, of course) Rude people need to be kicked awake (not literally) every now and then. Call that person you've been meaning to call. They'll be more than happy to hear from you.

Aquarius January 20 - February 18

It's time to stop trying to live up to others' expectations of you. Whatever you do, you always seem to do well, so chill! The party animal in you wants to run loose this weekend, make sure to make a wise decision. Remember, mid-terms are just around the corner.

Pisces February 19 - March 20

This week, you just won't be able to have a bad day, no matter how hard you try! In other words, this is your week, so try things out of the ordinary. If nothing bad can happen, why not take a few risks! Good Luck; not like you're going to need it.

Rikishi Did It! That Fat Bastard!

by Hugh Panelas
Staff Writer

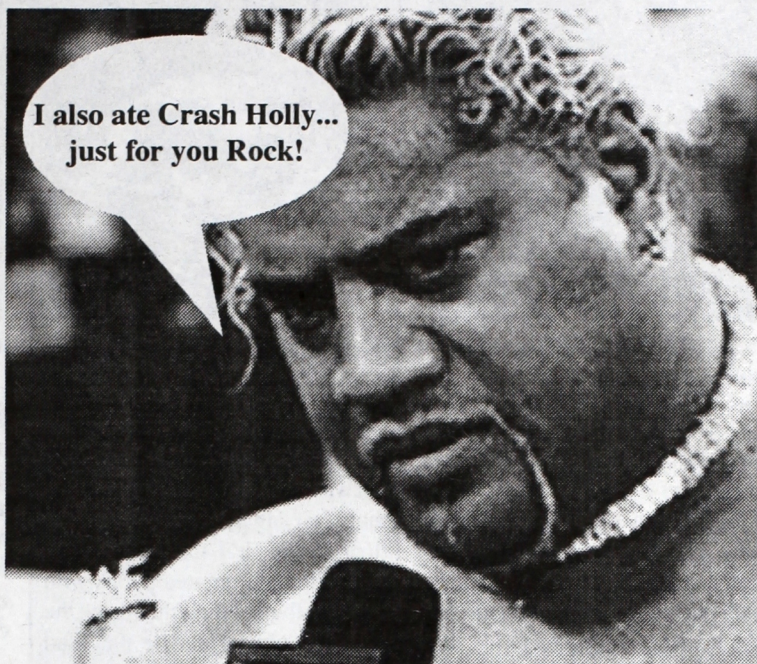
So the WWF has decided to play the race card once again. I must admit they are going about it a much different way this year than in the past. It seems like it might actually go over with the fans.

When it was announced that Rikishi was the culprit that ran over the Bionic-Boy, I was a little skeptical. After thinking about the whole situation, I have now accepted the decision and this is why.

Rikishi was scheduled to make a heel turn by the end of the year. Originally, it was supposed to be Mr. Ass that did the hitting but they changed their minds at the last minute. Why, look at it this way. The WWF needs someone that will be able to give Austin his push back into the spotlight. If you remember, before Mr. Ass went down with his injury he was getting a huge singles push. They can't possibly bring him back only to have him get his ass kicked by Austin upon his return. What a way to ruin his character. So what do they do? They throw the fat-assed one into the picture so he can be the sacrificial lamb. You let Austin kick the shit out of him and he becomes the icon that everyone was drooling about before he went down with his neck injury.

There is one interesting ingredient to this who recipe though. I predict that Austin will become a major heel again in the WWF. I think that at No Mercy in the no-holds-barred match Austin will injure Rikishi. I also think that he will continue to beat on him until officials or other wrestlers can restrain him. It's going to be sort of like the Bret Hart/Steve Austin match at Wrestle Mania a few years ago. It will be an instant change. Look at what Rikishi said on RAW this past Monday. He claimed that Austin isn't the man that he says he is. The bionic-boy will prove that when he totally annihilates Rikishi.

Speaking of what Rikishi has been saying, did you all notice how he dropped Hulk Hogan's name in his little speech last Monday? Ya, funny right? Nope, another ploy by Vince to see if Hogan is worth bring-



ing back. I would love to see it. That may sound funny coming from me as you all know I can't stand anything that WCW has to offer, but I would love to see Hogan jump back onto the WWF roster. Now you all might be thinking, what the hell would you do with him but listen to this. Both he and the Undertaker are way too old and slow to be in the heavyweight title race so I'm thinking that the two of them could team up and be a biker tag team together. Think about it, the American Bad Ass and Hollywood Hogan together! It's an old-school wrestling-fan's dream.

Now RAW this week was ok, but it was kind of boring at the same time. It was nice to see that Billy Gunn had no ring rust. Looks like his brief stint in Ohio has paid off. I expect to see him continue to run through the chumps of DX but I don't think he will ever get his hands on HHH. Gunn hasn't yet faced a main eventer like Hunter and I really don't think he'll be pushed up to that level anytime soon. There are some rumors floating around about him starting his own DX-type faction but it's hard to say if that will ever happen.

Like I reported two weeks ago, the Undertaker has been put on the shelf again because of a groin pull. Things have gotten much worse for the Lord of Darkness as of late. He had gall bladder surgery last week and will miss some time because of this. Looks like he will be gone for

about 3 weeks this time. It figures. The poor guy gets a gimmick that works for him and now he's hurt again. I would love to see him come back with the Ministry of Darkness, but not with the bums that he had in it before. I really miss the old Undertaker and am hoping that one day before he is done he'll bust out of a coffin or something.

Other notable injury updates: Bob Holly and Tori. Torus has been out for a long time now and is expected back in about 5 weeks. Word has it is that she'll be placed right into the woman's title race as she is the only other wrestling talent in that division other than Lita. I would also expect Chyna to make a run at the title eventually.

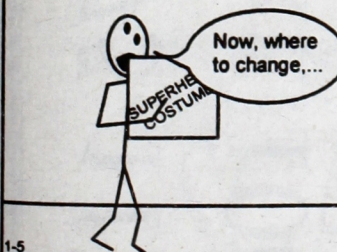
Bob Holly should be back in early November as his arm has healed nicely from his surgery. I haven't heard what the plans are for him. I think that he'll be put back into the WWF hardcore title race but who knows.

Well, I guess that's all for now. Don't forget to watch No Mercy this Sunday. It will be quite nice to see Stone Cold's in-ring return and it will be great to watch the People's Champ get his ass kicked by a real wrestler. Go ahead and make your stupid Mummy movies Rock - the first one sucked and I'm sure the others won't be any better.

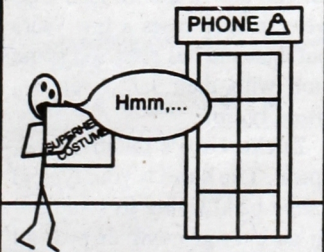
Written by Gabriel Noël

ECONOMY MAN

The only thing keeping our hero from venturing out to battle the Cardboard Cutout Lizard is his need to change.



To his delight, Mot spots a telephone booth.



I can't change, in a phone booth! There are windows, on every side! Honestly, what moron would change, there?



Urban Legends: Final Cut, I Hope

by Hugh Panelas
Staff Writer

I went to see *Urban Legend: The Final Cut* despite the fact that Joey Lawrence aka Joseph Lawrence is in the movie. Overall, I found it to be a pile of predictable steaming monkey crap. Nothing about the movie had anything to do with the first one and on top of that it was just painfully boring.

Let's start with the cast. They were a bunch of nobodies that were anchored by Joey and his *Blossomsque* prissy teen self. The entire movie had no flow to it as all the characters seemed to know just what was going on but they were all too stupid to take any precautions to protect themselves from the inevitable slaying.

I'm sure the story was written by the same person who has written any sequel in any other film series. What I mean is that this particular "part two" was the same as all part twos in any series; the relationship between part one and part two was something dodgy at best. It's like some wannabe director and producer got the rights to the name and put it in the title just to attract viewers.

Don't get me wrong, I loved the first *Urban Legend*. Anytime I get to see Robert Englund on the screen I am happy. The first movie had flow and a great story to it, plus it dealt with actual urban legends. *Final Cut* only had one true legend and the rest I'm sure the writers made up. It was very disappointing to see that the whole movie was based on a bunch of college film students. Hello, how much more boring can a movie get? Besides, the whole damn thing was a *Scream* wannabe. You had a bunch of students that are attending a film school making a movie about urban legends while the killer is offing his victims in slayer fashion. On top of that, throw in the fact that the killer's disguise was all black and there was a mask covering the face. My first thought was the whole *Stab* movie inside of the *Scream* trilogy.

I must admit that *The Final Cut* had one good perk about it. The only urban legend in the movie was the one where the you wake up in a bath tub full of ice and your kidneys are gone. This scene was very graphic in nature as you actually get to see the girl's kidneys sitting in a petri dish by the tub not to mention the fact that she gets decapitated at the end of the scene. Other than this, there really wasn't anything to keep the audience's attention. Actually, let me rephrase that. There isn't anything that would keep a true horror movie fan's attention. However, that's a whole other article.

Top 10 Signs You're Parking In The Pit

10. You have legs like Arnold - and you've never worked out a day in your life.
9. You drive in from Chelmsford, park, get out of your car, and can still see your house.
8. Walking from your car to the school involves a guide and a sleeping bag.
7. You need to park your car on Monday for a class on Thursday.
6. The missing student you read about was found - huddled beside the path, muttering "I just couldn't make it, I didn't have the energy."
5. Every morning you pass the same sign: "Welcome to the lowest geographical point in Sudbury."
4. It's the same place that Satan parks.
3. You need to chew gum as you walk up the hill - otherwise your ears will pop.
2. By the time you walk up from your car, you have five o'clock shadow - and you shaved that morning.
1. The next farthest thing away from the school is North Bay.

1500 Pub and Cues

1500 Regent Street

WWF NO MERCY PAY-PER-VIEW

SUNDAY, OCTOBER 22

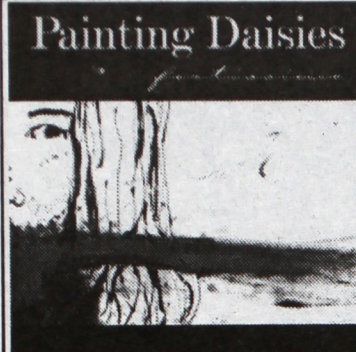
Pre-Show - 7:30 Event - 8pm

The Closest Venue
to LU for
WWF events!

Monday and Thursday Karaoke

2 Pounds of Wings - \$6.95

Sunday and Tuesday from 3-12



Painting Daisies - Fortissimo

Arriving at The Townehouse this week (Oct. 19th to be exact) is one of the funkiest, hardest working Canadian bands around. You may say that The Hip are the hardest working band, but they're sell-out bastards and **Painting Daisies** are purely Canadian. They mix all styles into a post-modern alterna-punk sound that makes you crave more.

The name may sound a little soft-core, but the band is not some whinny little girl band. These four girls can over power the best of them. I had the privilege of seeing them about a year ago at The Townehouse and was truly impressed. Sometimes bands come and go, but **Painting Daisies** have toured not only all of Canada, but also parts of Europe gaining a larger fan base as they go.

One thing that really stands out on the album is the amazing guitar work by **Daisy Blue Groff** and **Rachelle Van Zanten**. They blend masterful folk and rock styles, all the while kicking it up, creating a much harder, intense sound.

Their latest album, **Fortissimo** is a great example of what the band can produce. Sure, they do have a little of that **Alanis-style** angst sound, but that only seems like a stepping stone to some of their better songs like the hard-paced **Carpal Tunnel** and **Sheep**, funky folk style tunes like **Runaway Lane** and **If Need Be**, and the more mellow tracks like **Beale Street**. Probably my favorite track off the album is the off-beat **Church of Cosmotology**. It carries a more classic rock style with a modern beat that makes it really stand out among the tracks.

The vocals on each track really suit the style, ever changing to meet the song and bring the listener in a little closer to the story. Now, I know I am raving about this, but not everyone is going to love the album. you have to be very open to a strong female band that seems to know exactly what they want in their music. A lot of guys (not all of us though) seem a little intimidated by bands like this, but I do recommend checking them out, either live at The Townehouse or in CD.

Like I stated before, the band will be playing at **The Townehouse on Thursday, October 19th**. you can also check out their CDs **Fortissimo** (2000) and **Flambescence** (1997) if you can find them at a music store. They are still an independent band meaning they are a little harder to find. You can also check out their website at www.paintingdaisies.com. Surely you can order their music there and you can see exactly what the band is all about.

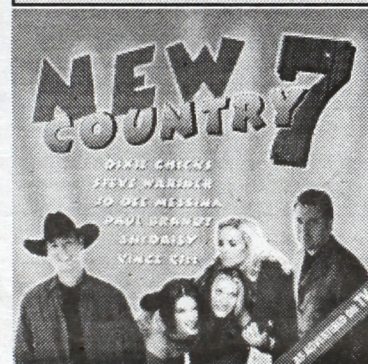


Robbie Williams - Sing When You're Winning

I love cheese! Any type of cheese... movies, books, actors and even music. you have to admit that cheesy music is catchy. Speaking of cheese, I just received the latest **Robbie Williams** CD. The hardest drinking man in all of England has just released his second North American album, and cheese lovers are going nuts.

My friend in England used to send me **Robbie Williams** songs all the time, and when he released his **Ego** album last year I liked it. Robbie disappeared for a bit since his popularity wasn't as big here, but now with the release of **Rock DJ**, the first single from **Sing**, Robbie fever has hit again. I don't know what it is about the music, but it is catchy. It is kind of 80's, dance & Brit Pop all mixed into one big cheese ball.

Sing When You're Winning is available now, and even thought most people don't want to admit it, they are interested in hearing it. All I can say is that if you like **Rock DJ**, then you will probably like the whole album. Come on, **Robbie Williams** is like the cheesy, drunken music world's James Bond.

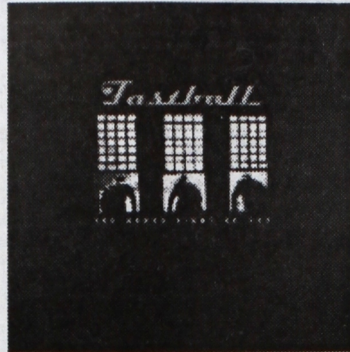


New Country 7

I am listening to Metallica right now. I don't know if I can actually handle reviewing this CD, but hey, I'll try. What was **Warner Music** thinking when they sent me this album? I have no idea, but I have a question... why does everyone look so damn happy on the album? Isn't country music supposed to be sad and depressing? I would actually like to put the boots to that smiling, ten gallon loser on the cover! What the hell is he so happy about? Didn't his dog die, or house burn down?

Actually, I did listen to the album and there are a few songs that stood out as not so crappy. **Dixie Chicks**, **SHeDAISY**, **The Wilkinsons** and **Paul Brandt** actually have some nice songs... oh, I feel so dirty! **Dwight Yoakam** reminds me why I cheered when he was killed in **Sling Blade** by brutalizing **Crazy Little Thing Called Love**. Country stars should not ever be allowed the rights to Queen music! Next thing you know Garth is going to be covering **Fat Bottomed Girls**!

Sure, country fans may love this.... but I have to go shower now. I can still feel my skin crawling!!!

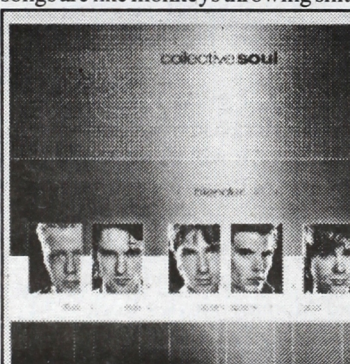


Fastball - Harsh Light of Day

Conjunction Junction, What's Your Function. Hooking Up Words and Phrases and... oh shit! Is this a **Fastball** album or is it **School House Rock**? I know this is a dated reference that many of you may not understand, but please don't tell me because it will make me feel old!

The problem I have is I could not take the album seriously when I heard the first single **You're An Ocean**. The music is a total rip-off of **Conjunction Junction**. It's all I hear when I listen to the song! Maybe that was the idea though! Maybe **Fastball** knows they were a one-(annoying-ass)-hit wonder and to get people to remember their new song they took a music that would stick into the deepest recesses of our subconscious. Already knowing the music from **School House Rock**, **You're An Ocean** sounds familiar and comforting, thus making us want to hear it more! Those Bastards! F*** with my mind will you!

If you can't tell, I did not like this album as it is just mainstream pop trash that should be left to collect dust on the music store shelves. **Fastball** may have thrown us a curve ball with **Ocean**, but the rest of the songs are like monkeys throwing shit!



Collective Soul - Blender

If there was one band that had to be picked as the band that defined the true sound of the late 90's, I would have to pick **Collective Soul**. They encompass so many attributes that other bands strive for. What other band can you hear the first few riffs of their songs and automatically know who the band was without even hearing any vocals? The first time I heard their latest single, **Why Pt.2**, I knew it was them just by their distinctive guitar work and sound.

Some people may say that **Collective Soul's** sound is very repetitive, but I would say it was more solid and their own. They have taken the grunge-rock style, added modern rock, a little techno and a small bit of pop and defined their own style and sound. The sound is up-beat and attractive to many different people.

Blender contains 11 tracks that will just reaffirm why **Collective Soul** is still around and others have disappeared. Great guitar rock and an up-beat alternative style. What more do you need?



Great Big Sea - Road Rage

I will have to admit that I am a huge fan of **Great big Sea**, but was extremely disappointed by their last album **Turn**. I love all their music, but they seemed to turn a little adult contemporary with the last album. I thought maybe the band got old, or maybe they had just slowed down a little. Well, on **Road Rage** they let their true Maratine Blood flow.

Road Rage is a live album that features 18 tracks that is a real Best Of album. not only do you get songs like **Patty Murphy**, **Mari Mac**, **Ordinary Day**, **General Taylor** and more, but you also get the little stories in between. The album is one continuous concert without any cuts. The crowd sings, the band goes nuts, and they even sing my **Great Big Sea** favorite **Excursion Around the Bay**.

If you are a Celtic fan, or just a **Great Big Fan**, **Road Rage** is a great live album to keep you dancing. If you have seen them in concert, or you just wish you did, **Road Rage** will transport you to Newfoundland right in the middle of a **Great Big Party**!



Green Day - Warning

Has anyone else noticed that lately **Green Day** has gone a little too mainstream? Sure, the last album was good, but it wasn't anywhere as good as **Dookie**. I was hoping for them to really come back with **Warning**, but instead they have taken a severe turn in keeping their typical lyrics, but changing up their sound.

The best example I can give is **Warning** is a lot like the last Offspring album. The band is the same, but they had some fun with their sound by trying out different (and sometimes extreme) styles. The first single **Minority** is a total alternative Celtic song. Just listen to the style and try not to think of **Great Big Sea** or **Captain Tractor**. The song **Misery** is something that **Walter Ostazniack** would play at **Octoberfest** on his accordion and songs like **Warning** are typical pop/punk. I have no idea what happened to **Billy Joe**, but things have changed.

The album is actually good, but you really can't count it as a **Green Day** album. I guess it could be listed as a **Bizzaro Green Day** album as it is what would happen if the guys were a lounge act or wedding band. Check it out, but remember, the title **Warning** is there for a reason.



Zuckerbaby - Platinum Again

Zuckerbaby is one of those bands where most people know the band's name, but they just can't place a single song with the band. Well, many people got their first listen to the band on one of the Molson CDs that were in beer cases a few years ago, but the band has garnered some attention with their latest release, **Platinum Again**.

Zuckerbaby's sound is good, but typical. The band is your typical alternative band trying to stand out among an ever growing crowd, all playing the same style. I would love to point out stand-out songs on the album, but they all seem to blend. **Overexposure** is a pretty good track, and basically the only one I really noticed as a little different.

Platinum Again is a pretty good album, but nothing to rush out and spend your last twenty bucks on. The band will probably appeal to a good section of people who hear them, but their album will get lost among all your others pretty fast.

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Arts & Entertainment

Almost Famous

Thursday, October 19, 2000 / jeudi le 19 octobre, 2000

by Eric Malette
Contributor

While watching *Almost Famous*, I had the feeling that I had come to a brief reprieve while traversing a seemingly unending desert of movie dreck. I had finally found a crystal-clear spring of life-giving water. That's how dire the film scene is these days, and *Jerry Maguire* director **Cameron Crowe** proves that movies can still be incredibly daring and unique.

Almost Famous tells the story of a boy named William Miller (**Patrick Fugit**), an average kid with a deep love for music that conflicts with his overprotective and anti-rock music mother (**Frances McDormand**), who so happens to believe that Simon and Garfunkel wrote songs about drugs. William proves to have remarkable journalistic writing even at his early age of 16, which attracts the notice of Lester Bangs (**Philip Seymour Hoffman**), chief editor of rock and roll magazine *Creem*. Bangs imparts advice upon William for dealing with rock-and-roll egos: "They're not your friends." He advises William to maintain journalistic objectivity by distancing himself from the band members. His first assignment: a small piece on Black Sabbath.

While trying to gain entry to the Sabbath concert, William meets and takes a shining to Penny Lane (**Kate Hudson**). In a typically funny Crowe moment, we learn that she's not a groupie either, but is instead a "Band-Aid"; the distinction is that "Band-Aids" are in it for the appreciation of the music, not the sex — which there is plenty of, by the looks

of it. William enters the concert and meets the opening band, Stillwater; he even gets to interview the lead vocalist, Jeff (**Jason Lee**), but we can see that he is captivated by the lead guitarist, Russell Hammond (**Billy Crudup**). Russell befriends William, and invites him on their tour as an unofficial mascot of sorts.

We also learn that Russell and Penny have met before. Penny is very obviously in love with Russell, and this represents a problem for William: he wants her, but knows that he lacks the mysterious quality ("coolness, maybe") to interest her.

Then, based on his work in *Creem*, he gets a job offer from Rolling Stone magazine. The editor-in-chief drafts William as a freelance writer to cover Stillwater's emerging success. I got a good laugh at this fifteen-year-old posing over the phone as an older, educated journalist.

In addition, **Cameron Crowe** gives us a few of his trademark magical movie scenes in *Almost Famous*. In one such scene, Lester Bangs tells William that neither one of them is cool, nor will they ever be. He tells him that he'll never be a rock star and "get all the chicks," but he's smarter than his idols; he's got his own unique talent. In a related scene, the lead singer, Jeff, finds out what William wrote for Rolling Stone and exclaims, "Why can't he just make us look cool?" The beautiful irony of this movie lay within these two scenes. William wants to be cool like the rock stars who, in turn, don't believe that they're cool at all, or at least not the kind of cool they want to be.

Stillwater is a fictional band,

so don't go looking for their last album. You shouldn't let this fool you, though; everything in this movie seems genuine, right down to the backstage passes and Stillwater's crummy tour bus. I read somewhere that **Cameron Crowe** is a music aficionado and that many of the props used in "Almost Famous" came from his personal collection. Crowe was also a member of the Rolling Stone writing staff — his intimate knowledge of music journalism is obvious in this movie. [note: *Almost Famous* is a semi-autobiographical movie written by the director; **Cameron Crowe** essentially was William, as he became a reporter for Rolling Stone at 15, and even toured with a band. Certain details have been enhanced for dramatic effect, but the basic gist of the film was based in truth.]

Almost Famous, however, is less about music journalism and more about the evolution of childhood into adolescence. I felt that William was forced to adapt to situations which someone should never experience at his age. In a poignant moment, he finally breaks from the pressure of growing up too fast; he's like a sponge that's continually absorbing and has finally reached its limit. Despite his mother's rigid attitude, however, I'm ultimately glad that William has such a strong pillar of support to fall back on.

Amidst the dozens of movies that come out this year, I'm sure that *Almost Famous* will be remembered. Go see it. Refresh yourself. Lose yourself in this one because movies like this don't come around too often. It's a gem.

Every now and again I enjoy venturing, going if you will, to my local cineplex, where I proceed to harass fat children as well as view a movie. I then proceed to review said movie and write a little sumtin' sumtin' that I like to call

L.M.L.M.

(Or Ladies Man Loves Movies)

Many people have engaged in a heated debate lately about where the real talent lies in the Swayze family...OK so maybe it was just me arguing with a hot dog vendor downtown but the song remains the same. I contend that we forget Patrick Swayze with his big budget blockbusters such as *Black Dog* and *Roadhouse*. This week we examine the stellar career of...Donald Swayze.

Here we have a man that has appeared in over thirty TV and movie productions with at least half of those being actual Hollywood titles (with the other half being home movies filmed with a camcorder). Anyone remember his role in "Payback"? Uh no...not the Mel Gibson movie from a couple of years back but the 1990 after-school special originally titled "Jenny Don't Eat That". But hey, who could forget his star-making debut in the 1984 drama "I Married a Centerfold" in which he is credited as...Actor #2.

Undoubtedly this thespian's high-point was his much-needed appearance in the 1993 surrealist classic "Beach Babes From Beyond" (I defy anyone to think I made this crap up). Without old Donnie's presence in this film, it would have gone from just another shitty "B"-movie that 6 people saw to just another shitty "B"-movie that 12 idiots accidentally rented from Blockbuster thinking Patrick was in it.

But, alas I, think I am only one of a select breed that truly appreciates the quality of this man's craft. It's just sad to see such a fine actor relegated to the scrap heap. HEY!!! Maybe he can entertain most of Laurentian's cut athletic teams while he's there!

Until next time Laurentian, don't form an opinion on movies...that's my @\$%in' job!

Did You Know? Don Swayze's most successful titles, the "Showering With Don Swayze" series recently landed him in hot water with the law as several naive neighborhood women were found to be victims of a cruel hoax.

Next Week: Well it looks like they finally did it. It looks like they have secretly been taking notes on my life and made a movie about it. Next week begins the first of an eight part review on...*The Ladies Man*.



OCTOBER EVENTS CALENDER BROUGHT TO YOU BY THE SGA/AGE








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8  THANKSGIVING	9	10	11	12 COFFEE HOUSE 2-4 SGA COMMONS RM	13 BIG RUDE JAKE CKLU EVENT PUB 10PM	14 PETER ENNIS WEEKEND
15 SGA	16 ALCHOHOL AWARENESS WEEK OCT 16-21	17	18  OPEN MIC NIGHT	19	20  SLEEPING BAG DRIVE IN SCARY MOVIE THEME	21 KARAOKE IN THE PUB
22 AGE	23	24 POOL SHOW IN THE PUB 8-9 & 10 	25 COMEDIAN SEAN COLLINS	26 	27 ANDREW LOWE IN THE PUB	28 THE TRAVOLTAS GREAT HALL
29	30	31 HAPPY HALLOWEEN				HOMEcoming WEEKEND



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